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69TH YEAR NO. 4 PHONE 978-658-2346 JANUARY 25, 2023 www.HomeNewsHere.com 30 PAGES



Governor Maura Healey visits Analog Devices in Wilmington

See more photos on Pages B6, B8

In one of her first stops as governor, Maura Healey came to Wilmington to visit Analog Devices at 1 Analog Way. She was joined by Lieutenant Governor Kim Driscoll, State Senator Barry Finegold, and State Representative Dave Robertson. The visit comes in advance of a speech scheduled for Thursday at the Associated Industries of Massachusetts January Executive Forum. Aanalog is an AIM-member business. Following the tour, the governor discussed economic and business development priorities for the state. (www.joshuaqualls.com photo)

School Committee updates on the middle school

By LIZZY HILL
News Correspondent

WILMINGTON — During the School Committee meeting last Wednesday night, updates were delivered about the middle school from its students, parents, and staff.

First, the middle school representative updated the committee about recent happenings at the school including the 23rd edition of the virtual literary magazine, World Culture Club's celebration of Chinese culture, Project 351 serve day, and Ski Club.

The middle school Parent Advisory Council then shared an invitation for parents to join their next meeting on Jan. 31 at 6 p.m. in the middle school library before explaining their purpose. This is to work with the principal and administration, support programming and events, facilitate fundraising, and support the mission and objectives of the school and the district.

Some of the efforts they've made so far have been to provide question-and-answers from Dr. Quirk, host student events such as the

MIDDLE | PAGE A11W

School Committee hears student support services update

By LIZZY HILL
News Correspondent

WILMINGTON — The School Committee receied updates on student support services during their meeting last week from Director of Student Support Services Alice Brown-LeGrand and Coordinator of Behavioral Health & Social Emotional Support Christine Murray.

Brown-LeGrand named some known challenges in mental wellbeing of students from depression, anxiety, and ideation even before the COVID-19 pandemic which were only exacerbated. Now, she says that the level of services required is at a crisis level and the system for support is very taxed.

Murray explained the usefulness of resources such as advocates, community behavioral health centers, the help line, and the family engagement specialists for Wilmington residents. Additional funding provided to the town was great news, she said.

Brown-LeGrand then referenced data which said that 10 percent of high school students and 11 per-

SUPPORT | PAGE A11W

Boston Bruins BFIT Challenge

Wilmington Fire Department looking for fourth win

By HEATHER BURNS
News Correspondent

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WILMINGTON — On Sunday, Feb. 5, members of the Wilmington Fire Department will be participating in the 7th annual Boston Bruins BFIT Challenge at the TD Garden.

The BFIT Challenge is backed by the Boston Bruins and powered by National Grid, and comprises three different groups of participants: firefighters/EMT, law enforcement, and military.

Each group must follow a course of climbing stairs and doing laps of different levels in the TD Garden while dressed in full firefighting, police or military gear in order to raise money for designated charities.

The host charities this year are 100 Club of Massachusetts, New England

BFIT | PAGE A11W

School Committee reacts to town manager's response about the current Wildwood programs

By LIZZY HILL
News Correspondent

WILMINGTON — At the School Committee meeting last Wednesday night, they discussed updates to the 2023-2024 proposed budget including a recommendation from the town manager to cut the cost of moving the Wildwood programs into the middle school and the West. The meeting also pertained to updates on the MSBA process and school start times.

One specific item for approval before the committee that night was a WHS Band Ski Trip. Band teacher Mike Ferrara shared that he wanted to bring back this trip for an overnight in Bow, NH at a hotel and skiing or snowboarding on the Saturday before they drive back to Wilmington.

He shared potential costs per student depending on how much they need between rentals and lessons. The purpose would be to provide a memorable group experience promoting group momentum. The committee voted to approve the field trip.

In public comment, a resident shared an opinion that the Wildwood programs shouldn't start the earliest out of all the schools in town under the proposed school start time changes, naming nearby districts where all school start times are between 8 and 9 a.m.

Superintendent Dr. Glenn Brand's regular report covered the MSBA process and school start times. Regarding the MSBA process, he shared that their request for design services was sent out after being approved. He also mentioned that at the next Wildwood Building Committee the following day, they would form a designer selection committee to review designer submissions. He reminded the community that the feasibility study includes school consolidation.

The school start times information he delivered came in the form of thanks to the committee members who served as coordinators at their community forum ahead of the meeting that night. He mentioned that 100 community members joined the meeting earlier.

He invited the committee members to attend a staff form on the time changes the next day. He also said that both forums would be recorded and distributed to the community.

Brand also updated the committee on his 2023-2024 budget presentation. He recalled his December proposal of an increase of 4.98 percent from this current year or over $2 million, with budget drivers of contractual obligations, state-supported special education program cost increases, and ESSER grants running out.

In his conversations with the town manager, the suggestion was to decrease to only a 3.75 percent increase or a difference of $565,000. Brand said that the administration was working to try to bring the budget inline with the town manager's request by cutting items such as the circuit breaker, transportation contract, and strategic plan reassessment. He'd have his final recommended budget at the following meeting the next week.

M.J. Byrnes shared concerns for cutting circuit breaker in light of student support needs. Brand agreed that it would be a risk and that the plan wasn't perfect, but he believed they can and should make the proposed changes.

Stephen Turner also commented with frustration, expressing that he found the original budget conservative to begin with.

Assistant Superintendent of Administration and Finance Paul Ruggiero agreed that the school budget has always conservatively taken into account the Town of Wilmington and taxpayers.

"We never ask for more than we need, at least since I've been here," he

WILDWOOD | PAGE A11W

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Wilmington Library News:

Massachusetts chocolate history on Thursday, Feb. 2

Adult Programs

INDOOR
Drop-in Tech Help
Tuesday, Jan. 31, 2 p.m.
Wednesday, Feb. 1, 2 p.m.
Saturday, Feb. 4, 2 p.m.
Have a tech question that's been bugging you? Stop by Drop-in Tech Help.

VIRTUAL
50+ Job Seekers
Wednesday, Feb. 1, 9:30 a.m.
If you are unemployed and actively looking, underemployed, seeking a new career direction, reentering the job market after a long employment gap, or recently retired and looking for your "Encore Career," this networking group program is perfect for you! Remember, 85% of jobs are found through networking!

INDOOR
Massachusetts Chocolate History
Thursday, Feb. 2, 7 p.m.
Most of us know the story of the Boston Tea Party. But did you know that when the colonists stopped drinking tea due to taxation they instead turned to drinking chocolate? Infamous American patriot Paul Revere even crafted dedicated drinking chocolate pots that can be seen on view at the Boston Museum of Fine Arts. Boston and the state of Massachusetts have many historical connections to chocolate that continue on from that point in time, including being the home of the very first chocolate factory in North America, the first roadside retail confectionary operation, and the first forays into commercial white chocolate production. We're the birthplace of a number of classic and beloved desserts and treats and the resting place of the famed Fannie Farmer, who lent her amazing recipes developed at the Boston Cooking School to the world through her iconic cookbook and was the inspiration for the nostalgic candy company of the similar name. Learn more about our sweet history with this fascinating program. This program will be hosted by Cocoa Beantown.

INDOOR
Needleworkers
Friday, Feb. 3, 10 a.m.
This is a social group for those who do any kind of needle craft. Bring your knitting, crocheting, quilting, etc. and enjoy a little conversation and camaraderie. Drop in.

VIRTUAL
Fiction Critique Group
Saturday, Feb. 4, 9:15 a.m.
Love writing fiction? Whether you are drafting a short story or a novel, joining our Critique Group is a great opportunity to meet other writers and get constructive feedback in a supportive environment. Open to all experience levels writing in all genres. Led by local writing enthusiast, Barbara Alevras. If you are interested in attending this event, please email Adult Services Librarian Erin Driscoll at *adultservices@wilmlibrary.org*.

Youth Programs

INDOOR
Wilmington Community Playgroup
Monday, Jan. 30, 10 a.m.
The Community Teamwork Family Resource Network is here for weekly playgroup sessions! Join us for our community playgroup where we will work on Early Literacy skills and much, much more! Ask us about any resources we can help provide for you and your family. Registration is for this day only. For more Community Playgroups, register for each date you're available to attend. Ages 0-6

INDOOR
Board Game Design
Tuesday, Jan. 31, 6:30 p.m.
Would you like to understand how to design your own board game? Over the course of several sessions we'll learn a process together while you work on your projects at home. Bring your game to life! Grades 7-12

INDOOR
Lil Bookworms Book Club
Wednesday, Feb. 1, 3:45 p.m.
This book club is for students in Kindergarten, Grades 1 and 2, and features books, reading comprehension and an activity. Siblings welcome. Grades K-2

INDOOR
Middle School Book Club
Thursday, Feb. 2, 3:30 p.m.
Middle School Book Group is back! We will be reading Answers in the Pages by David Levithan for our February meeting. Copies will be available at the Youth Desk for checkout prior to the meeting; come by to grab one! You can also read along with an eBook on Libby. Grades 6-8

INDOOR
LEGO Building
Thursday, Feb. 2, 3:45 p.m.
Build with LEGOs at the same time as other LEGO fans at the library. At the end you can display what you made! Grades K-5

INDOOR
Drop-In Storytime
Friday, Feb. 3, 10 a.m.
Come enjoy this fun indoor storytime that includes books, rhymes, music and movement! Ages 2-6

INDOOR
Hunting for College Scholarships
Saturday, Feb. 4, 11 a.m.
Tom O'Hare, an independent college advisor and Director of Partnership Programs from Pivotal College Years database, will offer strategies for hunting for scholarships, aimed at current 11th and 12th graders and their families, but open to all. Grades 6-12

Additional Information

Book Store Next Door Winter Hours
The Book Store Next Door will be closed on Wednesdays in January and February.

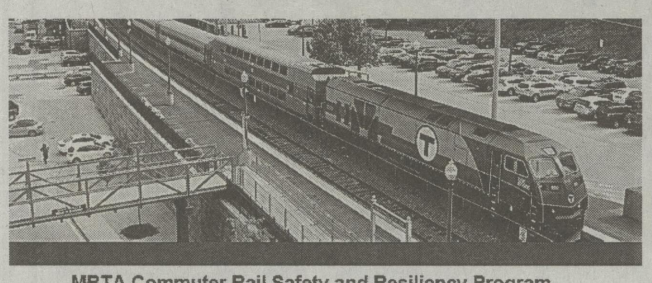
Friends of the Library Jewelry Sale
The Friends of the library are accepting jewelry donations. The next jewelry sale is scheduled for March 31 and April 1, 2023.

Museum Passes
The library has discounted passes to your favorite Massachusetts museums, attractions, and state parks. Find the full list on our website!

WML In-Person Programming
Registration is required for most in-person programs. Please check our website on the day of the program to confirm location. Masks are no longer required for vaccinated patrons while visiting the library.

WML Virtual Programming
The library continues to offer a variety of virtual events. Please note that registration is required in order to receive the Zoom link. Go to *wilmlibrary.org* to register or call 978-658-2967.

Changes in service coming on Haverhill Line



MBTA Commuter Rail Safety and Resiliency Program
Advisory: Haverhill Line Service Outage

The MBTA is installing new signal system upgrades called Automatic Train Control (ATC) as part of Positive Train Control (PTC), a federally mandated safety control system that monitors a train's location, direction, and speed in real time and reduces speed when needed to help prevent collisions.

The project team would like to advise the community of upcoming implementation activity within the right-of-way on the MBTA Haverhill Commuter Rail Line.

Work will commence on the Haverhill Line in 2023 with a focus on installation activity to put ATC into service. From **February 4 – 12** and **March 4-12** Haverhill Line trains will be out of service between Haverhill and Reading Stations. Shuttle buses will replace trains during this outage.

Thank you in advance for your cooperation. We appreciate your patience as the MBTA takes this important step in making the railways safer for customers with the implementation of the PTC program.

Should you have any questions please feel free to contact the PTC program at 617-721-7586 or PTCProgram@mbta.com.

MBTA.com/ATC Building a better T.

Advertisement

It's Your Money
by Todd Brisbois



TWO TAX CREDITS THAT CAN HELP COVER THE COST OF HIGHER EDUCATION

There are two education tax credits designed to help offset the cost of higher education — the American opportunity tax credit and the lifetime learning credit. Taxpayers who paid for higher education can see these tax savings when they file their tax return. If taxpayers, their spouses, or their dependents take post-high school coursework, they may be eligible for a tax benefit. To claim either credit, taxpayers complete Form 8863, Education Credits, and file it with their tax return.

These credits reduce the amount of tax someone owes. If the credit reduces tax to less than zero, the taxpayer could even receive a refund. To be eligible to claim either of these credits, a taxpayer or a dependent must have received a Form 1098-T from an eligible educational institution. There are exceptions for some students.

Here are some key things taxpayers should know about each of these credits. The American opportunity tax credit is:

- Worth a maximum benefit of up to $2,500 per eligible student.
- Only available for the first four years at an eligible college or vocational school.
- For students pursuing a degree or other recognized education credential.
- Partially refundable. People could get up to $1,000 back.

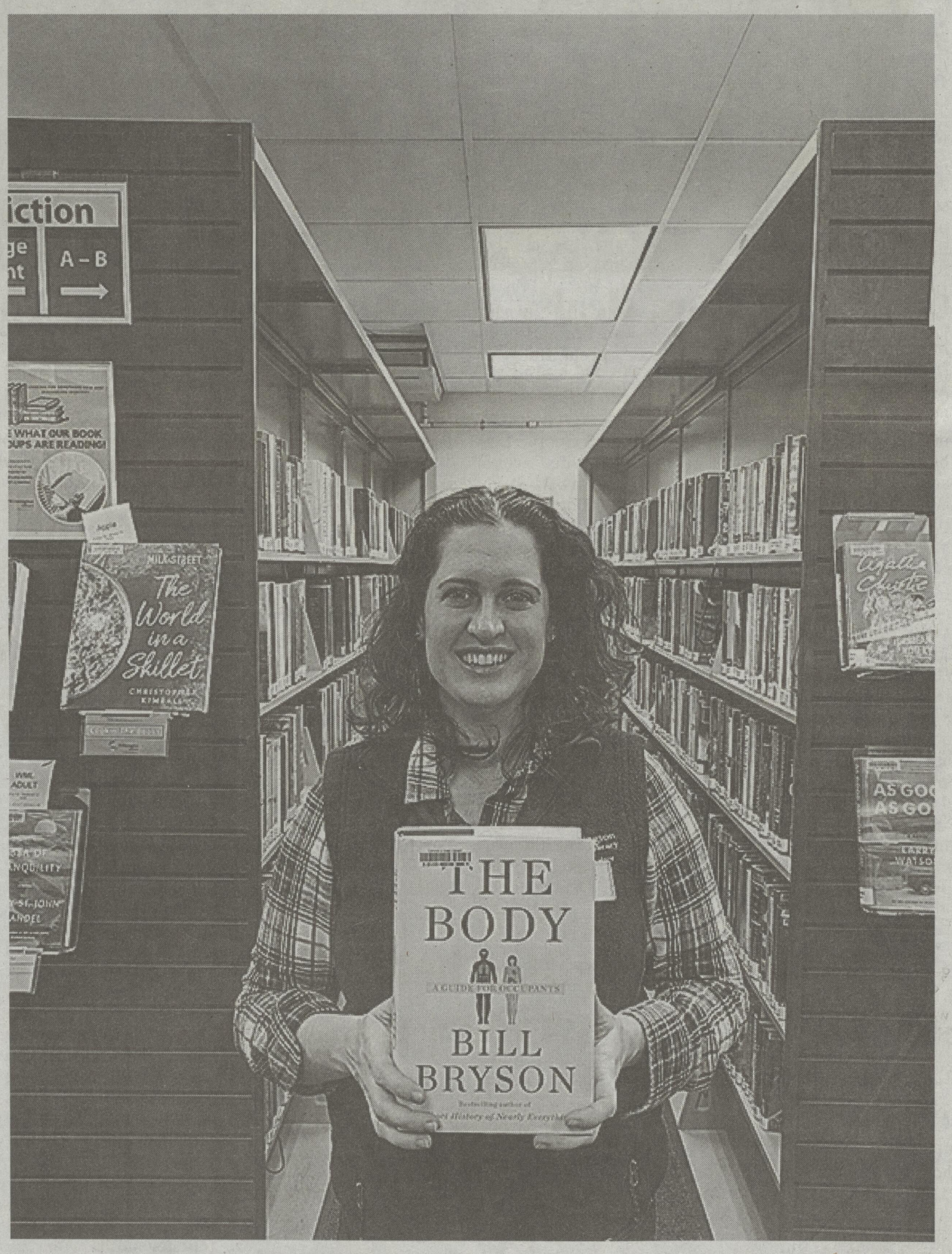
The lifetime learning credit is:

- Worth a maximum benefit of up to $2,000 per tax return, per year, no matter how many students qualify.
- Available for all years of postsecondary education and for courses to acquire or improve job skills.
- Available for an unlimited number of tax years.

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Join the library's new book club — Bookends!

The library has a new book club, Bookends! Stop by to discuss contemporary fiction and nonfiction books with Library Associate Rebecca Lowe every fourth Monday. February's featured book is "The Body" by Bill Bryson. (courtesy photo)

News and notes from WCTV

Hello friends and neighbors! Here's what's going on at WCTV!

WCTV SEEKING NEW BOARD MEMBERS!
WCTV is seeking new board members to help us chart our course into the future. Come be a part of a dynamic, cutting edge media company woven into the fabric of Wilmington and help us continue to grow and best serve and celebrate the community we cherish. WCTV's Board of Directors play a vital role in the decision making of all aspects of the station, including Marketing, Finances, Personnel, Programming, Community engagement and much more!

The board of directors work with WCTV's staff and members to oversee the direction of the organization. Board members ensure the proper operation of WCTV according to our by-laws. Some board members also provide programs and production assistance. Applications for potential board members must be received by Feb. 4, 2023.

You can fill out an application by going to our website: *WCTV.org*. Once there, click the "About us" tab, then "Board of Directors" and scroll down until you see the "an application can be found here" line and click on it for an application. You can also email Executive Director, Sam Perkins for more information at: *Sam@wctv.org*.

Meetings covered by WCTV:
Monday Jan. 30, 7 p.m. Select Board
View on channels: Comcast 9, Verizon 37

Follow us:
Twitter: WCTV (@Wilmington_TV)/ Twitter
Facebook: WCTV: Wilmington Community Television
Instagram: wilmington_tv
WCTV is located at: 10 Waltham Street, Wilmington
Office Hours by Appointment: (978) 657-4066
Questions about WCTV? Contact *info@wctv.org*

WCTV Channels:
Public Channel: Verizon 37, Comcast 9
Meetings & Government: Verizon 38, Comcast 22
Access: Verizon 39. Comcast 99

OBITUARIES

David J. Antonuk

Talented underwater photographer

David J. Antonuk, 63, of Beverly, passed away Tuesday evening, Jan. 17, 2023 at Beverly Hospital.

He was the husband of Cynthia (Fraser) Antonuk.

Born in Jamaica Plain, he was the son of the late Philip Antonuk Sr. and Florence (Yurewicz) Antonuk.

He was a graduate of Tewksbury High School with the class of 1977. He continued his education by attending and graduating with high honors from North Essex Community College, class of 1979 and Merrimack College with honors, class of 1981.

David had been employed for six years at Liberty Mutual in Portsmouth, NH and Epsilon Data Management in Burlington for seven years. For 30 years he had been employed at Canon USA and was a Century Club member for outstanding performance five times.

David had many hobbies that he enjoyed over the years, which included scuba diving, woodworking, boating and camping. He also often enjoyed skiing on both water and on snow and was a talented underwater photographer. Dave will meet his many rescued pets at the Rainbow Bridge, particularly his beloved dog, Shadoe.

His greatest achievement and largest source of pride was his son, Christopher.

In addition to his wife Cynthia, he is survived by his son, Christopher Antonuk of Beverly and his brother, Philip W. Antonuk Jr. of Castle Rock, CO.

His funeral service will be held at the First Baptist Church, 221 Cabot St., Beverly on Saturday, Jan. 28 at 10 a.m. Relatives and friends are invited to attend. The service will also be streamed live on You Tube at FBC Beverly. Interment will be held privately.

Visiting hours will be held at the Campbell Funeral Home, 525 Cabot St., Beverly on Friday, Jan. 27, from 4 to 7 p.m. In lieu of flowers, donations in David's name may be made to *SupportUtila.org*. Choose the option for Program Specific Donation, then choose Environment.

Information, directions, condolences at *www.campbellfuneral.com*.

Donald P. Rossi

Served his country during Korean War

Donald Rossi of Nottingham, NH, husband to Helen (Quinton) Rossi, went home to his Lord and Savior on Jan. 19, 2023. He was surrounded by family at his home on Lake Pawtuckaway.

Donald, was born on May 16, 1931 in Boston. He was 91 years old and lived a full life with many joys, foremost among them his family and his 71-year marriage to Helen.

Don made Nottingham his home later in life. He and his beloved Helen originally built their family home in Wilmington in 1954. They raised their four children there and moved upon retirement in 1997, splitting their time between NH and Florida.

They eventually settled permanently in Nottingham at the lakeside home that they built with love stick by stick.

Don was proud of his service to his country. He enlisted as a Seabee during the Korean War and was deployed to the Philippines where he participated in the construction of Cubi Point Naval Air Station.

Upon discharge he returned to the Boston area and joined the Local 4 union and excelled as a heavy equipment operator. After a few years, Don started his own company, Don's Gradall. Over time, he very successfully expanded that company into Ideal Power Sweeping, an industrial sweeping and plowing service.

Upon retirement, Don and Helen traveled extensively owning several RV's over the years spending much time "on the road." For 10 years he also organized and led large annual snowmobile trips to Yellowstone National Park. He loved this great country, but his greatest love was his family. He strove to provide a wonderful life for his children.

Don was an active, robust man in retirement. He golfed in competitive men's leagues, enjoyed boating on the lake, and was frequently involved in construction projects. Later in life he developed a love for woodworking and was quite talented. Family and friends will enjoy his creations long into the future.

Don was predeceased by his parents Orpheus and Dorothy (Rossi) Johnson and sister Barbara. He is survived by his wife Helen and four children: Diane Rossi of Auburn NH, Brenda Coughlin and her husband Kevin of Candia NH, David Rossi and his wife Michelle of Londonderry, NH, and Paula Rossi-Clapp and her husband Joe of Plympton.

He also leaves behind five grandchildren and two great grandchildren and brother Steve of Palm Bay, FL.

In lieu of flowers, donations in Donald's name may be made to Tunnel To Towers Foundation or Wounded Warriors Foundation. Arrangements by the Brewitt Funeral Home.

Private funeral services will be held for the family.

Burial will be in the Southside Cemetery, Nottingham, NH.

For more information, please visit *www.brewitt-funeralhome.com*

Robert J. 'Bob' Cassello

Former high school all star basketball player

Robert J. "Bob" Cassello, age 73, of Methuen, formerly a long-time resident of Wilmington, passed away suddenly on Jan. 18, 2023, at the Holy Family Hospital in Methuen.

Bob was born on June 9, 1949, in Stoneham; he was the beloved son of the late Mary (Duggleby) West and the late Mark West, Sr.

Bob was raised and educated in Charlestown before the family moved to Wilmington in 1959. He had a passion for sports and played through his school years and well into adulthood. Bob was named the Merrimack Valley All Star Basketball Player in 1967 while playing for the Wilmington Wildcats basketball team; he went on to graduate from Wilmington High School with the Class of 1967.

Bob worked hard throughout his life; for many years he was employed as a salesman for the Walpole Woodworker's Fence Company, Reliable Fence Company and finally for Northeastern Fence Company. Bob's endearing personality and great customer service skills made him quite successful throughout the years.

In his spare time, Bob enjoyed playing on several men's softball and basketball teams throughout the years; he made many life-long friends with his teammates. He also looked forward to watching sports, especially his New York teams, and travelled to many games in New York.

Bob enjoyed the sun, sand, great weather, beautiful beaches and fun times with friends and family as he wintered in Miami for many years.

Bob will be fondly remembered for his great personality, his love of "big band" music and the "Rat Pack" crooners; Frank Sinatra and Dean Martin being his favorite. He enjoyed life and cherished the great times he spent with his family and friends who will miss him.

Bob is survived by his dear brothers George Cassello and his wife Carol of Sandwich, Mark West, Jr. and his wife Connie of Salem, NH and Frank West and his wife Karen of Wilmington.

He was the beloved uncle of George Cassello, Jr., Darlene Cassello-Phillips and her husband Gary Phillips, Mark West, Colleen West and Frank West,



Jr., as well as his extended family and many friends.

Family and friends will gather for Visitation at the Nichols Funeral Home, 187 Middlesex Ave. (Rt. 62), Wilmington, on Saturday, Jan. 28 from 9:15 - 10:15 a.m. followed by a Service to Celebrate Bob's life at 10:15 a.m. Interment will take place in Wildwood Cemetery, Wilmington.

In lieu of flowers, please consider a donation in Bob's memory to the Wilmington Senior Center, 15 School Street, Wilmington, MA 01887.

To leave a message of condolence please visit our website at *www.nicholsfuneralhome.com*

Linda A. (Mardirosian) Celata

Loved attending granddaughters' sporting events

Linda A. (Mardirosian) Celata, 70, formerly of Tewksbury, passed away on Monday, Jan. 16 with her family by her side, after a long and courageous battle with cancer.

She was the wife of Edward J. Celata, with whom she was to celebrate their 52nd wedding anniversary this coming November.

Linda was born in Stoneham on March 3, 1952. She was raised in Everett, graduating from Everett High School with the Class of 1970. Linda went on to attend Solari's Hairdressing School in Malden, and upon finishing school she began working as a hairdresser. Linda eventually started a long career in retail management, finally retiring in 2020.

She loved playing bingo, watching "her shows," and spending time at the beach, especially Aruba. Her family was always her world, her children and beloved granddaughters were the best parts of her life, and she would do anything for them.

Linda loved attending all of her granddaughters' sporting events. She was known for being very social, always sharing stories about family and friends, work, and current events. Linda was adored by the many life-long friends, neighbors, and coworkers that were blessed to know her.

Besides her beloved husband, Edward, she is survived by her three children, Lisa Kelly and her husband, David, of Lowell, Karen Bielecki and her husband, Greg, of Tewksbury, and John Celata and his wife, Lisa, of Pelham. She is survived by her four cherished granddaughters, Ashley, Lauren, Camryn, and Kaydence, as well as her two sisters, Jane Saraceni and her husband, John, of Tewksbury, Gail White and William O'Keefe of Bradford.

Linda is also survived by many nieces and nephews, cousins and friends. She also leaves behind her toy poodle Daisy, by whom she is dearly missed.

On Thursday, Jan. 26, all are welcome to attend her funeral mass at St. William's Church, 1351 Main



Street, Tewksbury at 10 a.m. Committal will be held privately at a later date. In lieu of flowers, please consider a memorial donation in her name to the Humane Society for Greater Nashua, 24 Ferry Road Nashua, NH 03064 or online at *www.hsfn.org/donate-now/* at any time.

Arrangement by the Tewksbury Funeral Home, 1 Dewey Street, Tewksbury, MA, please find us on Facebook or visit *www.TewksburyFuneralHome.com* to leave the family a message of condolence at any time.

Winchester Hospital awards funding to Tewksbury Front Line Initiative and Wilmington Farmer's Market

WINCHESTER — Winchester Hospital, part of Beth Israel Lahey Health, announced it is awarding $139,000 in grant funding to nine community-based organizations. These grants primarily will support programs and services that focus on food access, mental health, and housing stability — priority need areas which have experienced an increased level of demand due to the COVID pandemic.

"Winchester Hospital is honored to serve our community, and we are committed to working with community partners to give back," said Matthew Woods, Winchester Hospital interim president. "We collectively aim to provide quality healthcare for all by reducing health disparities and inequities for those most vulnerable in our community. It is our hope that these grants will boost local non-profit organizations to help reach our shared goals."

Grant applications are reviewed and selected by the Winchester Hospital Grant Selection Committee, which is comprised of hospital leaders and local partners from across the Winchester Hospital service area. This year's grant awards are all multi-year community programs taking place over the next three years, 2023-2025.

Grant recipients include:

Boys and Girls Club of Stoneham & Wakefield: Grant funding will support a multi-pronged program approach to addressing youth mental health, with specialized focus on LGBTQIA+ youth, which includes the evidence-based tool Screening, Brief Intervention, and Referral to Treatment (SBIRT) and a structured mentorship program.

Burbank YMCA: Grant funding will support development of a youth mental health action plan, implementation of a social/emotional learning curriculum, Mental Health First Aid Training, and building of a youth mental health community-based task force

Council of Social Concern: Grant funding will support the Council's food pantry program serving Woburn and Winchester residents and a backpack food program for food insecure families in the Woburn public school system.

Metro Housing Boston: Grant funding will support free housing stability counseling and services to moderate-income individuals and families to prevent eviction, increase housing stability and economic self-sufficiency, and improve their overall quality of life.

Minuteman Senior Services: Grant funding supports the SHINE collaboration at Winchester Center for Cancer Care to provide on-site counsellors to help Medicare beneficiaries understand their coverage needs and eligibility and connect with community resources such as fuel assistance, home care, and food.

Mystic Valley Elder Services: Grant funding supports the Mobile Mental Health Program, which provides home-based mental health services to older adults living in Medford, North Reading, Reading, Stoneham, and Wakefield.

Social Capital Inc. and Network for Social Justice: Grant funding will support the Leaders for an Equitable Tomorrow program designed to advance mental health awareness and engagement through a youth coalition comprised of high school students from Woburn and Winchester. The coalition will develop strategies and programs to address youth mental health in their communities.

Tewksbury Front Line Initiative: Funding will support a new program called Building LGBTQ+ Community Visibility and Resiliency, in partnership with the Tewksbury Diversity, Equity and Inclusion Advisory Committee and the Tewksbury Council on Aging. A series of workshops and evidence-based trainings will be implemented to bring visibility and resiliency skills building opportunities to the LGBTQIA+ community in Tewksbury.

Wilmington Farmer's Market: Grant funding will support the Town of Wilmington in providing the equipment necessary to make all of its farmer's market vendors capable of accepting SNAP/EBT benefit for the weekly summer farmer's market. This program will increase healthy, affordable food access for SNAP-eligible low resource families and older adults.

About Winchester Hospital

Winchester Hospital is a 229-bed facility and leading provider of comprehensive health care services in northwest suburban Boston offering a broad range of surgical specialties, including general, bariatric, urologist, thoracic, otolaryngology (ENT), vascular, and orthopedic surgery. They also deliver care in other areas, including pediatrics, cardiology, pulmonary medicine, oncology, gastroenterology, rehabilitation, radiation oncology, pain management, obstetrics/gynecology and a Level IIB Special Care Nursery.

For more information about Winchester Hospital, visit *www.winchesterhospital.org*.

Winchester Hospital is a part of Beth Israel Lahey Health, a health care system that brings together academic medical centers and teaching hospitals, community and specialty hospitals, more than 4,800 physicians and 36,000 employees in a shared mission to expand access to great care and advance the science and practice of medicine through groundbreaking research and education.

For more information about Beth Israel Lahey Health, please visit *www.bilh.org*.

Sarah D. J. Carter Lecture Fund Comm. receives grant

WILMINGTON — The Sarah D. J. Carter Lecture Fund Committee has received notification that they are the recipient of a grant from the Wilmington Cultural Council. This grant, through the Massachusetts Cultural Council, covers the cost of their 2022 program "Comedy of Steve Bjork."

These programs, entering their 113th year, would not be able to continue at such a high caliber without the help of the Wilmington Cultural Council.

ALL INCLUSIVE OFFICE SPACE AVAILABLE

Large second-floor office space in the heart of Wilmington with easy access to The Commuter Rail and minutes from all major highways. This space would be ideal for a lawyer or a tax professional.



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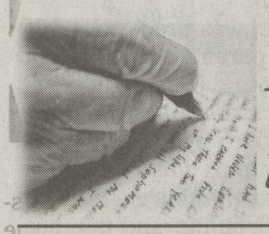
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OPINION



Letters to the editor

RMLD GM speaks on reason for rate increase

To the editor,

I am writing this letter to provide additional background regarding the forecasted nine percent increase to your monthly bills. For the average customer bill, this equates to an increase of $13 per month ($138 per month increasing to $151 per month).

We realize that any increase can be burdensome, but, as a not-for-profit municipal utility, we work diligently to provide reliable, low-cost, and increasingly non-carbon electricity to your home.

Also, RMLD is postponing the increase until March 1, after the winter heating season to help ease the burden for customers since January and February are typically higher usage months due to colder temperatures.

As you are likely aware, local investor-owned utilities (IOUs) such as National Grid recently raised its electric rates by 64 percent, while Eversource increased its rates by 43 percent. RMLD is much lower than IOUs when comparing same usage (812 kWh).

Why Are RMLD Rates Going Up?

To better understand RMLD's rate increase, it's important to understand the two major components to your bill: customer electricity usage and rates.

1. Customer electricity usage(kWh) is influenced by weather and is typically higher in winter and summer months due to heating and cooling needs and lower in spring and fall months.

2. Within rates ($/kWh), there are two distinct components:

a. RMLD annual operating costs – these charges are based on the RMLD operating budget.

RMLD's operating budget increased by 16 percent in 2023 compared to 2022.

b. Monthly power supply costs – these charges are adjusted monthly for actual costs, which are passed through without any markup. We anticipate our power supply costs to increase by two percent in 2023 as compared to actual 2022 costs.

Why is RMLD's Increase Lower than Investor-Owned Utilities?

RMLD remains committed to providing its customers with reliable, low-cost, non-carbon electricity for customers in our service territory of Reading, Wilmington, North Reading, and Lynnfield Center.

RMLD's diversified power portfolio also helps minimize its electricity costs while meeting policy and compliance obligations. Our diversified power sources include nuclear - 31 percent of our 2023 wholesale power supply, hydro – 26 percent, wind generation – seven percent, and solar – one percent.

Lastly, RMLD has also been proactively investing in in-territory genera tion, aggressively pursuing statewide and federal funding made possible with the recent passing of the Inflation Reduction Act, and value engineering to alleviate supply chain cost increases.

How You Can Save Money Amid Higher Energy Costs

As an RMLD customer, there are several measures you can take to lessen the impact of these higher energy costs. These measures include:

1. Conserve your usage. Turn off lights and appliances when not in use. Refer to our Energy Savings Tips on our website found on the "For My Residence" tab on RMLD's homepage.

2. Get a free home energy assessment and learn how to make your home more energy efficient. Visit our website or call us at 781-942-6598 for more information.

3. Be sure to review our rebates and incentives before you replace a home appliance. Visit the "Rebates" link under the "For My Residence" tab on our website.

4. Sign up for RMLD's Time-of-Use Rate, which helps customers save money if the majority of their usage is during off-peak hours (Monday-Friday noon - 7 p.m). Customers with a typical use pattern can save approximately $12/month by switching to Time-of-Use.

5. Sign up for Shred the Peak alerts. Shred the Peak is a voluntary customer program that encourages conservation during peak times to control related costs and keep rates affordable. For more information click the "Shred the Peak" under "For my Residence" tab.

6. Take Advantage of Our Prompt Payment Discount. RMLD offers a 15 percent discount on the customer charge and distribution energy charge portions of the bill to customers who pay within 17 days of the billing date

RMLD also has a budget billing option for residential customers who wish to reduce fluctuations in their monthly bills due to seasonal patterns of energy usage by paying an equalized monthly rate.

Please visit the RMLD website for updates and details as we move forward. Or contact us with questions or comments at *customerservice@rmld.com.*

Regards,
Gregory J. Phipps
RMLD General Manager

Nine percent increase for RMLD customers

READING — The Reading Municipal Light Department's (RMLD's) Citizens' Advisory Board (CAB) and Board of Commissioners (Board) approved rate increases that will result in average monthly bills increasing nine percent across all rate classes effective March 1, 2023. As a not-for-profit entity, rates support the increased operating cost of the utility as well as increased monthly power supply costs.

Average monthly bills beginning in March 2023 are estimated to increase for each rate class: 9.3 percent for residential customers, 6.8 percent for residential time-of-use customers 9.3 percent for commercial customers, 9.0 percent for industrial time-of-use customers, and 4.4 percent for schools. Rates are calculated on cost of service to serve each rate class, based on rate studies.

As an example, an average residential customer uses approximately 800 kilowatt hours (kWh) per month and can expect their monthly bill to increase by approximately $13 each month. Example bills for all rate classes and additional discussion can be found on the RMLD website, please visit *https://www.rmld.com/2023-bill-increase.*

RMLD's operating budget increased by 16 percent in 2023 compared to 2022. This is driven by continued infrastructure investments to support decarbonization in accordance with the 2021 Massachusetts climate legislation. Power supply costs have been volatile, and the current price forecasts indicate a two percent increase for 2023 compared to actual 2022 power supply costs. Power supply costs are pass-through to customers at cost with no markup.

RMLD proactively manages its power supply portfolio to keep customer bills low. In 2023, 85 percent of the power supply portfolio is under contract and only 15 percent is subject to the open market prices which are now influenced by international events, especially events in Europe.

Despite the rate increases, customer bills are approximately 75-90 percent lower than Investor-Owned Utilities in Massachusetts.

"While we recognize that any price increase presents a challenge to our customers, our active power supply management has mitigated this increase to keep it dramatically below the cost increases from investor-owned utilities. We are able wait until March, after the winter heating season when customer kWh usage is high, to slightly reduce the burden for our customers," said RMLD General Manager Greg Phipps. "RMLD's diversified power portfolio helps minimize its costs while meeting policy and compliance obligations set forth by the 2021 Massachusetts Climate Bill."

The RMLD 2023 rate increases enable compliance with the 2021 Massachusetts Climate Bill goal to reduce emissions in the utility, building, and transportation sectors by shifting from fossil fuels and towards non-carbon electricity, prompting faster electrification and decarbonization. The Climate Bill established first-time compliance mandates for Municipal Light Plants (MLPs), requiring that the power sold by MLPs be sourced from resources that are 50 percent non-carbon by 2030, 75 percent non-carbon by 2040, and net-zero carbon by 2050.

The rate increase supports accelerating upgrades to RMLD's local distribution system (wires, poles, transformers, etc.) to handle higher electricity loads and peak demand as customers electrify their homes and businesses in an effort to align with the 2021 Climate Bill goals. The Efficiency Electrification Charge (EEC, formerly Energy Conservation Charge (EEC) is also increasing from $0.003/kwh to $0.004/kwh to provide funds to support further electrification via more customer rebates and incentives.

More information on these rate increases can be found on the website, *https://www.rmld.com/2023-bill-increase.*

Good Neighbor Energy Fund available to eligible households

CANTON — As winter temperatures drop, the sponsoring energy companies of the Massachusetts Good Neighbor Energy Fund and its administrator, The Salvation Army, encourage those impacted by inflation or other crises to apply for home energy assistance by visiting their local Salvation Army Corps Community Center. If unsure of where the nearest Community Center is located, please visit *www.magoodneighbor.org.*

The Massachusetts Good Neighbor Energy Fund is often the last resort for families who are in temporary financial difficulty and do not qualify for federal and state fuel assistance programs such as LIHEAP. The Fund's grants are paid directly to the energy provider for households whose gross income falls between 60 and 80 percent of the state's median income levels. For example, a household size of four would need to have a total gross yearly income of between $81,562 and $108,748 to qualify. This campaign year's Fund disbursement is $500 per eligible household per heating season.

"With today's higher prices for basic needs like food and utilities, combined with dropping temperatures, moderate income households should know that they can turn to the Fund for assistance," said Marie McCabe, Chairperson of the 2023 Good Neighbor Energy Fund campaign and Customer Service Representative for North Attleborough Electric Department. "We encourage all those who are in a temporary crisis and having trouble making ends meet to find out if they are eligible for the Fund."

McCabe added that the easiest way to determine if a household qualifies is to visit the Fund's website.

The Fund's distribution award letter also serves as qualification for the Mass Save Enhanced Insulation Incentive for customers of a Massachusetts investor-owned utility. Specifically, the offer provides qualified customers with no-cost insulation, as well as other no-cost energy savings measures.

The Fund's 38th annual "Give The Gift of Warmth" campaign is a cooperative effort between the Fund's 19 sponsoring energy companies, the general public and the corporate community to raise $500,000 and help an anticipated 1,500 households. The campaign relies on the generosity of individuals, families, local corporations and foundations for support and has raised more than $23.5 million and assisted over 93,250 households since its inception in 1985.

Massachusetts residents and businesses that wish to donate to the Fund are encouraged to use the Good Neighbor Energy Fund donation envelope included with their monthly energy bill. Some energy companies offer an 'add a dollar' program which allows customers to contribute on their monthly bill payment by one dollar or more. Anyone can also donate with a credit card online at *www.magoodneighbor.org.*

Donors can also simply mail a check payable to "Good Neighbor Energy Fund," c/o The Salvation Army, 25 Shawmut Road, Canton, Massachusetts 02021-1408. Participating energy companies support their respective customers' generosity through various giving programs.

For more information about how to apply for the Massachusetts Good Neighbor Energy Fund, visit your local Salvation Army Corps Community Center, call 800-334-3047 if you live in area codes 508, 617, 781 or 978 or 800-262-1320 if you live in area code 413 or visit *www.magoodneighbor.org.*

Book Stew Review

'Wow, No Thank You' by Samantha Irby

By EILEEN MACDOUGALL

For a woman who claims to have no goals and no ambition — OK, maybe, but what Samantha Irby can do really, REALLY well in this essay collection is to tell you hilarious stories where she's usually the butt (Irby has IBS, Irritable Bowel Syndrome) of the jokes.

In her third book, Irby explains how she started a little MySpace blog while working as a vet tech (without really knowing what a blog ever WAS), and her overshares became so popular that they became a website, and then other comedians and an agent came to call.

She is still remarkably surprised by her success, which makes her even more endearing to the reader. Frequently profane yet humble, able to overcome being raised by completely indifferent parents, her stories are ones that would have her surrounded at a party by people screaming, "WHAT DID THAT WOMAN SAY???"

Not for the easily offended, Irby's blunt truths will leave you rapt with admiration for the writer who created 2019's Fat Babe Pool Party in Lindsey West's Hulu show Shrill.

Quotes: "In hindsight, don't ever do anything for anyone, but especially not for a man who has a girlfriend. Leading people on is a hate crime."

Want your opinion heard?

We LOVE your letters!
Send Letters to the Editor to:
office@yourtowncrier.com.

All submissions must be accompanied by full name, address, and daytime contact information for verification purposes.
Letters must be e-mailed by noon on Monday in order for consideration the same week's edition.

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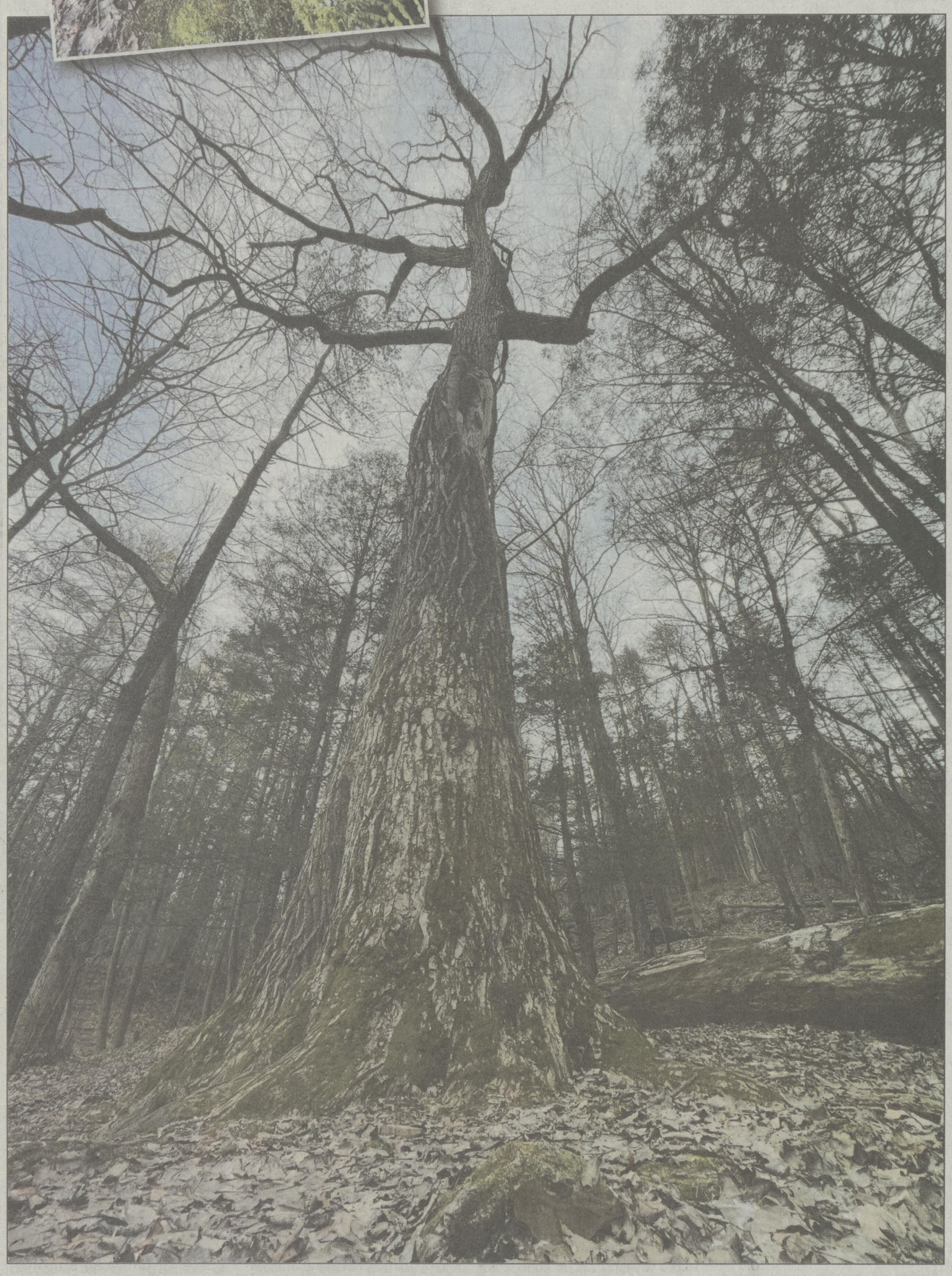


Lifestyle

Hobble on over to BARTHOLOMEW'S COBBLE

◄An abundance of ferns grow on the rocky outcroppings at Bartholomew's Cobble. Over 40 species can be found on the property according to naturalists. (Paige Impink photos)

▼A 125-year old cottonwood tree stands majestically along the trail at Bartholomew's Cobble in Sheffield. The tree is located in a floodplain along the Housatonic River.



By PAIGE IMPINK
News Correspondent
paige@yourtowncrier.com

Exploring southwestern Massachusetts reveals a diversity of landscapes, history and beauty. We visited Bartholomew's Cobble recently, a 329 acre Trustees of Reservations property located in Sheffield, near Ashley Falls, Massachusetts.

Over five miles of trails transition from lowlands to uplands, around boulders and outcroppings, down to the Housatonic River.

The term "cobble" means a rocky knoll, and the property has two of them. Cobbles are considered rare geologic features. The cobble on this property is a 100 foot high upheaval formed when the Taconic and Berkshire mountains pushed upward.

If you are inclined to hike up Hurlburt's Hill you will be rewarded with a panoramic view of the valley from the wide open field atop.

The river meanders quietly along the boundary of the property and is a popular canoe and kayaking spot. For reference, the Housatonic is 150 miles long and winds from Hinsdale, Massachusetts to Long Island Sound in New York. The river is still undergoing remediation for contamination from industrial waste discharge in the Pittsfield area, but this resource is widely used for recreational purposes including boating, swimming, and fishing.

There is a put-in at the nearby Sheffield covered bridge with a flat water run right by the trails to Rannapo Road which would be a nice way to observe the area in warmer weather.

Even in the January cold, the caves and fern covered rocks were amazing to see, bright green as if not affected by winter at all. The ferns are clustered on the limestone and marble in abundance, benefiting from the alkaline soil.

According to the Trustees, the property boasts one of the most diverse occurrences of ferns in North America and the property was designated a National Natural Landmark in 1971 for that reason.

The trails wind up and down, and while it is not an enormous property, we very much enjoyed the quiet along the river. The trails are well marked and boardwalks abound. Birds could be heard, active in the sunshine.

As we walked the Ledges trail to the Bailey trail to the Spero Trail, we moved through the floodplain forest, all the while following the bends in the river. The views are lovely, and we were privileged to come across one of the largest Cottonwood trees in Massachusetts. At 125 feet high, the trees are found in floodplain areas. It was magnificent to behold and truly epitomized "old growth."

The nature center was closed for the season, and there are no restroom facilities so plan ahead. However, trail maps are available online and there are some in the kiosk, but better to print your own in advance. There is another trail from the parking lot to the historical Ashley House, which offers tours seasonally.

Enslaved woman Elizabeth Freeman left Ashley house and sued for her freedom, setting the stage for abolishing slavery in Massachusetts. The house is also the beginning of the African American Heritage Trail in the Housatonic Valley. Plan for at least 2-3 hours if you visit in warmer weather and wish to take in all the property has to offer in this southwestern Massachusetts hidden gem.

Four Tewksbury residents named to Dean's List at Plymouth State University

PLYMOUTH, NH — 330 students have been named to the Plymouth State University Dean's List for the Fall 2022 semester. To be named to the Dean's List, a student must achieve a grade point average between 3.5 and 3.69 during the Fall 2022 semester and must have attempted at least 12 credit hours during the semester.

- Matthew Wagner of Tewksbury
- Madeline Anderson of Tewksbury
- Hannah Slattery of Tewksbury
- Matthew Woods of Tewksbury

Six students named to President's List at Plymouth State University

PLYMOUTH, NH — 889 students have been named to the Plymouth State University President's List for the Fall 2022 semester. To be named to the President's List, a student must achieve a grade point average of 3.7 or better for the Fall 2022 semester and must have attempted at least 12 credit hours during the semester.

- Jillian Cosman-Cyrus of Wilmington
- David Woltag of Wilmington
- Jamie DaSilva of Tewksbury
- Jade Gizzi of Tewksbury
- Logan Teixeira of Tewksbury
- Julia Stanizzi of Tewksbury

About Plymouth State University

Established in 1871, Plymouth State University serves the state of New Hampshire and the world beyond by transforming our students through advanced practices where engaged learning produces well-educated undergraduates and by providing graduate education that deepens and advances knowledge and enhances professional development.

With distinction, we connect with community and business partners for economic development, technological advances, healthier living, and cultural enrichment with a special commitment of service to the North Country and Lakes Region of New Hampshire.



LEGAL NOTICES ARCHIVE

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LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

MIDDLESEX DIVISION

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. MI22P6696EA

Estate of: Bryna Glater
Also Known As:
Bryna C. Glater
Date of Death:
November 12, 2022

To all persons interested in the above captioned estate, by Petition of Petitioner **Ronda Jackowitz** of **Longmeadow MA** a Will has been admitted to informal probate.

Ronda Jackowitz of **Longmeadow MA** has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

230094 1/25/23

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

Middlesex Probate and Family Court
10-U Commerce Way
Woburn, MA 01801
(781) 865-4000

CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. MI23P0176EA

Estate of: Dolores E. Silva
Also known as:
Dolores Esther Silva
Date of Death: 05/12/2022

To all interested persons:

A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **John R. Silva** of **Foxboro MA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **John R. Silva** of **Foxboro MA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 02/10/2023.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Maureen H. Monks, First Justice of this Court.
Date: January 13, 2023

Tara E. DeCristofaro,
Register of Probate

230105 1/25/23

LEGAL NOTICE

TOWN OF WILMINGTON SELECT BOARD

TOWN MEETING WARRANT ARTICLES

Notice is hereby given that Articles submitted by petition for inclusion in the Warrant for the Annual Town Meeting to be held April 29, 2023, must be submitted to the Town Clerk's Office, Wilmington Town Hall, 121 Glen Road, Wilmington, no later than 4:30 p.m. on February 3, 2023.

Judith L. O'Connell, Chair
Select Board

230044 1/11,18,25/23

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

MIDDLESEX DIVISION

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. MI23P0193EA

Estate of: Phyllis May Allen
Also Known As:
Phyllis M. Allen
Date of Death:
November 03, 2022

To all persons interested in the above captioned estate, by Petition of Petitioner **David M Allen** of **Wilmington MA** a Will has been admitted to informal probate.

David M Allen of **Wilmington MA** has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

230111 1/25/23

LEGAL NOTICE

TOWN OF WILMINGTON CONSERVATION COMMISSION

PUBLIC MEETING

Notice is hereby given that a Public Meeting will be conducted via remote participation on Wednesday, February 1, 2023, at 7:00 p.m., in compliance with provisions of MGL Chapter 131, Section 40, and 310 CMR 10.00 on a Request for Determination of Applicability filed by Stacey Allard, 30 Kilmarnock Street, Wilmington, MA 01887, owner & applicant. This filing is for the installation of an above ground pool. This work is within Riverfront Area, Bordering Land Subject to Flooding, and the 100-foot buffer zone to Bordering Vegetated Wetlands as designated by the MA Wetlands Protection Act, MGL Chapter 131, Sect. 40 and 310 CMR 10.00. This property is located at 30 Kilmarnock Street, Wilmington, MA 01887 and shown on Assessor's Map 74 Parcel 6. The hearing will be conducted via Zoom. The public will be able to participate by using this link: https://us02web.zoom.us/j/86395016852?pwd=cHoxQIRFaU12ZEs1am1JYnYxeExE QT09 or by calling in at 1-646-558-8656 and entering meeting ID: 863 9501 6852 (passcode 409141). A copy of the application is on file at the Department of Planning & Conservation, Room 6, Wilmington Town Hall, and can be inspected between the hours of 8:30 a.m. and 4:30 p.m., Monday through Friday.

Donald Pearson, Chair
Conservation Commission

230106 1/25/23

LEGAL NOTICE

Notice is hereby given to Wayne Richard of 6112 Avalon Rd in Wilmington MA, who is the last registered owner of a 2015 VW Passat Vin number 1VWBT7A32FC076616 that your vehicle will be sold at auction on or about 2-4-23 at Forrest Towing Inc., 600 Main Street, Wilmington MA. The vehicle will be auctioned to recover towing and storage charges that are past due.

230085 1/18,25, 2/1/23

LEGAL NOTICE

TOWN OF WILMINGTON PLANNING BOARD

The Planning Board will hold a Public Hearing on February 7, 2023 at 8:45 p.m. in the Town Hall Auditorium, 121 Glen Road, Wilmington, MA for a Site Plan Review #23-06 and Stormwater Management Permit #23-05 and for Section 6.6.7.7 Groundwater Protection District Special Permit #23-01, plan entitled, "Plans to Accompany Permit Documents for Upton Park, 30 Upton Drive, Wilmington, Massachusetts"; dated January 5, 2022, last revised January 12, 2023, prepared by Todd P. Morey, P.E., Beals Associates Inc., 2 Park Plaza, Suite 200, Boston, MA 02116, and Michael A. Pustizzi, P.L.S., Precision Land Surveying, Inc., 32 Turnpike Road, Southborough, MA 01772. The application is for the construction of an approximately 42,000 sq. ft. single-story warehouse building with mezzanine Said property is located at 30 Upton Drive and shown on Assessor's Map R1 Parcel 18H.

A copy of the plan is on file at the Planning & Conservation Department and may be inspected during the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Any person interested, or wishing to be heard on the proposed plan, should appear at the time and place designated.

Terence Boland, Chair
Wilmington Planning Board

230082 1/18,25/23

LEGAL NOTICE

TOWN OF WILMINGTON CONSERVATION COMMISSION

PUBLIC MEETING

Notice is hereby given that a Public Meeting will be conducted via remote participation on Wednesday, February 1, 2023, at 7:05 p.m., in compliance with provisions of MGL Chapter 131, Section 40, and 310 CMR 10.00 on a Request for Determination of Applicability filed by DISH Wireless LLC., Michael R. Dolan, Brown Rudnick LLP., 10 Memorial Boulevard, Providence, RI 02903, owner & applicant. This filing is for the installation of a new 4' x 8' equipment platform raised on legs to support DISH electronic equipment, a proposed ice bridge within the existing fenced compound area, and a 20" x 20" x 9" fiber vault outside of the enclosed fenced area. This work is within the 100-foot buffer zone to Bordering Vegetated Wetlands as designated by the MA Wetlands Protection Act, MGL Chapter 131, Sect. 40 and 310 CMR 10.00. This property is located at 377 Ballardvale Street, Wilmington, MA 01887 and shown on Assessor's Map R3 Parcel 50B. The hearing will be conducted via Zoom. The public will be able to participate by using this link: https://us02web.zoom.us/j/86395016852?pwd=cHoxQIRFaU12ZEs1am1JYnYxeExE QT09 or by calling in at 1-646-558-8656 and entering meeting ID: 863 9501 6852 (passcode 409141). A copy of the application is on file at the Department of Planning & Conservation, Room 6, Wilmington Town Hall, and can be inspected between the hours of 8:30 a.m. and 4:30 p.m., Monday through Friday.

Donald Pearson, Chair
Conservation Commission

230107 1/25/23

LEGAL NOTICE

Notice is hereby given to Joan Kalil of 151 Hallet St in Dorchester MA, who is the last registered owner of a 2007 Toyota Camry Vin number 4T1BE46K87U108505 that your vehicle will be sold at auction on or about 2-4-23 at Forrest Towing Inc., 600 Main Street, Wilmington MA. The vehicle will be auctioned to recover towing and storage charges that are past due.

230086 1/18,25, 2/1/23

LEGAL NOTICE

TOWN OF WILMINGTON PLANNING BOARD

The Planning Board will hold a Public Hearing on February 7, 2023 at 8:35 p.m. in the Town Hall Auditorium, 121 Glen Road, Wilmington, MA for a Site Plan Review #23-01 and Stormwater Management Permit #23-01, plan entitled, "Eames Street LLC, Warehouse Storage Facility, 90 Eames Street, Wilmington, Massachusetts"; dated December 2022, prepared by Taber L. Midgley, P.E., EA Engineering, Science, and Technology, Inc., PBC, 301 Metro Center Blvd., Suite 102, Warwick, Rhode Island 02886. The application is for the construction of ten (10) 45,000 gallon above ground storage tanks for asphalt cement, containment area, parking, and stormwater management. Said property is located at 90 Eames Street and shown on Assessor's Map 38 Parcel 3A.

A copy of the plan is on file at the Planning & Conservation Department and may be inspected during the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Any person interested, or wishing to be heard on the proposed plan, should appear at the time and place designated.

Terence Boland, Chair
Wilmington Planning Board

230081 1/18,25/23

LEGAL NOTICE

TOWN OF WILMINGTON CONSERVATION COMMISSION

PUBLIC MEETING

Notice is hereby given that a Public Meeting will be conducted via remote participation on Wednesday, February 1, 2023, at 7:10 p.m., in compliance with provisions of MGL Chapter 131, Section 40, and 310 CMR 10.00 on a Request for Determination of Applicability filed by DISH Wireless LLC., Michael R. Dolan, Brown Rudnick LLP., 10 Memorial Boulevard, Providence, RI 02903, owner & applicant. This filing is for the installation of a new 5' x 7' equipment platform raised on legs to support DISH electronic equipment, a proposed ice bridge within the existing fenced compound area, and a 20" x 20" x 9" fiber vault outside of the enclosed fenced area. This work is within the 100-foot buffer zone to Bordering Vegetated Wetlands as designated by the MA Wetlands Protection Act, MGL Chapter 131, Sect. 40 and 310 CMR 10.00. This property is located at 26 Upton Drive, Wilmington, MA 01887 and shown on Assessor's Map R1 Parcel 18G. The hearing will be conducted via Zoom. The public will be able to participate by using this link: https://us02web.zoom.us/j/86395016852?pwd=cHoxQIRFaU12ZEs1am1JYnYxeExE QT09 or by calling in at 1-646-558-8656 and entering meeting ID: 863 9501 6852 (passcode 409141). A copy of the application is on file at the Department of Planning & Conservation, Room 6, Wilmington Town Hall, and can be inspected between the hours of 8:30 a.m. and 4:30 p.m., Monday through Friday.

Donald Pearson, Chair
Conservation Commission

230108 1/25/23

LEGAL NOTICE

TOWN OF WILMINGTON PLANNING BOARD

The Planning Board will hold a Public Hearing on February 7, 2023 at 8:05 p.m. in the Town Hall Auditorium, 121 Glen Road, Wilmington, MA for a Site Plan Review #23-04 and Stormwater Management Permit #23-03, plan entitled, "Proposed Transfer Station, 885-889 Woburn Street, Wilmington, Massachusetts, Site Plan Review"; dated January 2023, prepared by Laura A. Bugay, P.E., Green Seal Environmental, LLC, 114 State Road, Building B, Sagamore Beach, MA 02562. The application is for the construction of a 37,000 sq. ft. solid waste handling facility, with parking, landscaping, stormwater management, and utilities. Said property is located at 885 & 889 Woburn Street and shown on Assessor's Map 37 Parcels 4 & 4A.

A copy of the plan is on file at the Planning & Conservation Department and may be inspected during the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Any person interested, or wishing to be heard on the proposed plan, should appear at the time and place designated.

Terence Boland, Chair
Wilmington Planning Board

230080 1/18,25/23

LEGAL NOTICE

TOWN OF WILMINGTON PLANNING BOARD

The Planning Board will hold a Public Hearing on February 7, 2023 at 8:50 p.m. in the Town Hall Auditorium, 121 Glen Road, Wilmington, MA for a Site Plan Review #23-05 and Stormwater Management Permit #23-04, plan entitled, "Plans to Accompany Permit Documents for Upton Park, 36 & 38 Upton Drive, Wilmington, Massachusetts"; dated October 7, 2021, last revised January 10, 2023, prepared by Todd P. Morey, P.E., Beals Associates Inc., 2 Park Plaza, Suite 200, Boston, MA 02116, and Michael A. Pustizzi, P.L.S., Precision Land Surveying, Inc., 32 Turnpike Road, Southborough, MA 01772. The application is for the amendment to the previously approved Site Plan Review #21-13 for Site Plan changes to accommodate a potential tenant's supporting manufacturing equipment. Said property is located at 38 Upton Drive and shown on Assessor's Map R1 Parcel 18.

A copy of the plan is on file at the Planning & Conservation Department and may be inspected during the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Any person interested, or wishing to be heard on the proposed plan, should appear at the time and place designated.

Terence Boland, Chair
Wilmington Planning Board

230083 1/18,25/23

LEGAL NOTICE

TOWN OF WILMINGTON CONSERVATION COMMISSION

PUBLIC HEARING

Notice is hereby given that a Public Hearing will be conducted via remote participation on Wednesday, February 1, 2023, at 7:15 p.m. in compliance with the provisions of MGL Chapter 131, Section 40, and 310 CMR 10.00 on a Notice of Intent filed by Atlantic Oliver Ballardvale LLC., 303 Congress Street, Boston, MA 02210, owner & applicant. This filing is for the expansion of the parking lot to provide additional vehicle parking on the property. This work is within the 100-foot buffer zone to Bordering Vegetated Wetlands as designated by the MA Wetlands Protection Act, M.G.L. Chapter 131, Sect. 40 and 310 CMR 10.00. This property is located at 230, 234, 240 Ballardvale Street, Wilmington, MA 01887 and shown on Assessor's Map R2 Parcels 23E, 23F, 23G. The hearing will be conducted via Zoom. The public will be able to participate by using this link: https://us02web.zoom.us/j/86395016852?pwd=cHoxQIR FaU12ZEs1am1JYnYxeExE QT09 or by calling in at 1-646-558-8656 and entering meeting ID: 863 9501 6852 (passcode 409141). A copy of the application is on file at the Department of Planning & Conservation, Room 6, Wilmington Town Hall, and can be inspected between the hours of 8:30 a.m. and 4:30 p.m., Monday through Friday.

Donald Pearson, Chair
Conservation Commission

230109 1/25/23

LEGAL NOTICE

TOWN OF WILMINGTON PLANNING BOARD

The Planning Board will hold a Public Hearing on February 7, 2023 at 7:45 p.m. in the Town Hall Auditorium, 121 Glen Road, Wilmington, MA for a Site Plan Review #23-03 and Stormwater Management Permit #23-02, plan entitled, "Non-Residential Site Plan, 230, 234 & 240 Ballardvale Street, Tax Map R2 Lots 23E, 23F, 23G, 230-240 Ballardvale Street, Wilmington, Massachusetts, Middlesex County"; dated January 12, 2023, prepared by Brenton Cole, P.E., Granite Engineering, 150 Dow Street, Suite 421, Manchester, New Hampshire 03101. The application is for the construction of a dedicated paved overnight/long-term storage area. Said property is located at 230-240 Ballardvale Street and shown on Assessor's Map R2 Parcels 23E, 23F, 23G.

A copy of the plan is on file at the Planning & Conservation Department and may be inspected during the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Any person interested, or wishing to be heard on the proposed plan, should appear at the time and place designated.

Terence Boland, Chair
Wilmington Planning Board

230079 1/18,25/23

LEGAL NOTICE

TOWN OF WILMINGTON PLANNING BOARD

The Planning Board will hold a Public Hearing on February 7, 2023 at 9:00 p.m. in the Town Hall Auditorium, 121 Glen Road, Wilmington, MA for a Site Plan Review #23-02 and Multi-Family Special Permit #22-01, plan entitled, "Site Development Plan, 203 Lowell Street, Wilmington, MA 01887"; dated January 9, 2023, prepared by Douglas E. Lees, P.E., Land Engineering & Environmental Services, Inc., 130 Middlesex Road, Tyngsboro, Massachusetts 01879. The application is for the amendment to the previously approved Site Plan Review #18-16 and Multi-Family Special Permit #18-02 for site plan and façade changes, and a phasing plan. Said property is located at 203 Lowell Street and shown on Assessor's Map 48 Parcel 73.

A copy of the plan is on file at the Planning & Conservation Department and may be inspected during the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Any person interested, or wishing to be heard on the proposed plan, should appear at the time and place designated.

Terence Boland, Chair
Wilmington Planning Board

230084 1/18,25/23

LEGAL NOTICE

TOWN OF WILMINGTON CONSERVATION COMMISSION

PUBLIC HEARING

Notice is hereby given that a Public Hearing will be conducted via remote participation on Wednesday, February 1, 2023, at 7:25 p.m. in compliance with the provisions of MGL Chapter 131, Section 40, and 310 CMR 10.00 on a Request to Amend the Order of Conditions DEP File #344-1500 filed by Stephen Albano, Stephen A & Jean E Albano Trust c/o Albano Realty Trust, 79 Chestnut Hill Road, Amherst, NH 03031, owner & applicant. The applicant is proposing to reconfigure the approved warehouse building which includes reducing the overall square footage of the building to 42,161 and relocating the loading docks. This work is within 100-foot buffer zone to Inland Bank as designated by the MA Wetlands Protection Act, M.G.L. Chapter 131, Sect. 40 and 310 CMR 10.00. This property is located at 30 Upton Drive, Wilmington, MA 01887 and shown on Assessor's Map R1 Parcel 18H. The hearing will be conducted via Zoom. The public will be able to participate by using this link: https://us02web.zoom.us/j/86395016852?pwd=cHoxQIR FaU12ZEs1am1JYnYxeExE QT09 or by calling in at 1-646-558-8656 and entering meeting ID: 863 9501 6852 (passcode 409141). A copy of the application is on file at the Department of Planning & Conservation, Room 6, Wilmington Town Hall, and can be inspected between the hours of 8:30 a.m. and 4:30 p.m., Monday through Friday.

Donald Pearson, Chair
Conservation Commission

230110 1/25/23

PUBLIC NOTICES

Every day throughout the United States newspapers publish thousands of public notices about events, conditions or actions that affect countless individuals, families, neighborhoods and businesses. Public notices cover many topics including guardianships, conservatorships and protective orders, probating wills, business matters, liquor licensing, public auctions and sales, estates, zoning, public meetings, bids to sell goods and services to the government, auctions to dispose of surplus government equipment, local government finances and state and local elections. The public notice is a fundamental component of our system of representative democracy, which depends upon the participation of educated, responsible citizens.

The Town Crier is the Newspaper of Record in Wilmington and Tewksbury, Massachusetts.
Public notices are published weekly. To place your notice email it to:
legals@dailytimesinc.com
Deadline for Wednesday's paper is 10 AM on Monday

Get in the snow tubing mood this winter

By HEATHER BURNS
News Correspondent

The few little tastes of January snow we have received in the past few weeks can only be making the avid New England skier hungry for their next trip down the slopes.

But for those of us who are not skilled in the sport of skiing or snowboarding, the idea of outdoor winter fun seems implausible.

Before all of you non-skiers decide to spend another winter season on the couch, why not consider a day of snow tubing.

For those unfamiliar with a "snow tube," it is the modern day version of the old Flexible Flyer Flying Saucer.

Those who were born after the 1980's may not be familiar with the Flying Saucer, but the Flying Saucer was a hugely popular option for sledding fun in the 1950-1980's.

Before the Flying Saucer, sledding was typically done on a traditional Flexible Flyer, a two rail sled that was well established in the sledding industry.

As good as the trusty old Flexible Flyer was, it had a bad habit of "cutting in" at inopportune times, causing the sled to stall or crash during a downhill run.

In an attempt to provide a new and faster sledding device to its customers, Flexible Flyer created the Flying Saucer.

Released during the height of fascination with space travel and alien spaceships, this new, modern and sleek, disc-like sled design was simplicity at its best, and just so happened to resemble a sci-fi alien flying saucer.

The Flying Saucer sled was produced in a painted steel, shiny aluminum, and fiberglass version, and offered a lightweight, quick moving snow ride.

Although the original Flexible Flyer Flying Saucer is still available in a plastic version, there is a new king of the sled trail, and its name is the Snow Tube.

Light weight, comfortable and relatively inexpensive, the inflatable snow tube offers hours of outdoor sledding fun, and requires little to no prior ability or experience to enjoy.

Snow Tubing is definitely the choice sledding transportation of today, but snow tubing is not a new invention.

While no one is certain of when the first air-filled tube slid down a snow covered hill, using air-filled tubes to move materials and people over large snow covered areas has been done since the late 1800's.

It wasn't until the 1990's that snow tubing became a commercial venture as a winter activity.

From the late 1990's through the 2000's the popularity of snow tubing spread throughout the ski community, and in 2010 snow tubing was taken under consideration by the Olympic committee.

Despite the fact that snow tubing did not succeed as an Olympic event, it continued to gain popularity and soon snow tubing parks started to appear around the country.

Locally, there are many hill areas to snow tube for free, assuming Mother Nature has provided enough snow, but you may want to consider a trip to one of the many commercial tubing centers New England has to offer.

Winter sport tubing parks or centers offer safe tubing trails, lifts, and often lighting for night tubing. Most tubing centers also have tube rentals and don't have to rely on Mother Nature, as they can make their own snow.

One of the closest snow tubing venues in our area is Nashoba Valley Tubing Park, located at 179 Great Road in Littleton. Nashoba offers 18 lanes of groomed snow for tubing and is open for tubing both during the day and at night. Reservations are required, and tickets can be purchased in advance online.

Ski Ward TubaSlide, located at 1000 Main St. in Shrewsbury has eight tube lanes with two lifts. Tickets are sold in advance online, and tubes are provided.

If you are looking for a picturesque, winter get-away for the family, a trip to Great Barrington may just fit the bill!

Located in the heart of the Berkshires, Butternut Ski Area on 380 State Road Rt. 23 offers 11 lanes of tubing with a dedicated lift.

No need to depend on undependable Mother Nature, as Butternut Ski offers 100 percent snowmaking to ensure great tubing trails. Open Friday to Sunday, tickets must be purchased online in advance.

Just a quick trip north in Manchester, NH, you will find McIntyre Ski Area, located at 50 Chalet Way. McIntyre offers snow tubing Thursday to Sunday (with extended hours during school vacations). Unlike other tubing parks, they only sell tickets in person on a first come first serve basis, so plan to get there early before they sell out.

You can also find snow tubing trails at many of New Hampshire's bigger ski resorts like Gunstock Mountain, Waterville Valley, Pats Peak, and Loon Mountain. They all offer snow tubing trails with lifts, and tube rentals. Check their websites for ticket information and hours of operation.

Keep in mind, no matter what tubing area you choose, it is always best to call ahead of time to check conditions, minimum age and height requirements, and to see if parental permission slips are required for tubers under the age of 18 years.

This winter, why not vacate your usual reserved spot on the couch and enjoy an afternoon of winter fun at one of New England's snow tubing parks.

Reservations may be required to visit most trails, but no experience is necessary. All you need for a day of fun with the family is warm winter gear and an adventurous attitude.

National Grid prepared for all weather

WALTHAM — With another storm having struck the area Wednesday night, National Grid remains focused on the safety of its employees and communities during clean-up, repairs, and restoration.

"Our crews have been working through challenging conditions and remain dedicated to restoring customers as quickly as possible while keeping our teams and the public safe," said Tanya Moniz-Witten, Vice President of New England Electric Operations. "We are on track to restore most customers by tonight, and we will continue working until every last customer has had their service restored."

National Grid had tracked the storm for several days, and was well-prepared to respond, with overhead line, forestry, wires down, transmission, underground, and substation workers mobilized across staging sites in Massachusetts.

The company has deployed more than 1,200 personnel to respond to the storm, removing downed wires, fallen trees, and other hazards in advance of restoring power by repairing lines and replacing poles and other equipment.

This remains a multi-day restoration event and National Grid expects most customers affected by the outages will have their power restored by Tuesday night, while there will be some pockets without power into Wednesday. Crews will continue to work until every customer's power is restored.

National Grid continually updates estimated restoration times for all impacted areas. It's normal for outage numbers and restoration times to fluctuate due to a variety of issues, including work volume, the cause of the outage, and additional information about the extent of damage.

Additionally, National Grid is monitoring a potential winter storm system that could impact Massachusetts beginning Wednesday evening. While current restoration efforts continue, the company is securing additional crews and preparing resources for any potential impacts.

The Company offers the following tips and reminders:

Customers Should Stay Connected:

- Report power outages at *www.nationalgridus.com* or call 1-800-465-1212.
- Use your mobile device to track outage information and storm-related safety tips through National Grid's mobile site accessible at *www.ngrid.com/mobile.*
- Like us on Facebook and follow us on Twitter and Instagram; we post all the latest storm and restoration updates.
- Track outages and estimated restoration times at *www.nationalgridus.com/outage-central*
- To stay connected during storms and outages, text to 64743 using any of the below commands.
- REG to sign up for text alerts
- OUT to report an outage
- SUM followed by your town, county, or state to get a summary of outages in your area
- HELP for the full list of commands

Stay safe:

- Never touch downed power lines, and always assume that any fallen lines are live electric wires. If you see one, report it immediately to National Grid or your local emergency response organization.
- Power problems can sometimes interrupt public water supply systems or disable well pumps, so it's an especially good idea to keep a supply of bottled drinking water handy, as well as some canned food.
- People who depend on electric-powered life support equipment, such as a respirator, should let National Grid know. To register as a life support customer, call the company's Customer Service Center at 1-800-322-3223.
- Check on elderly family members, neighbors and others who may need assistance during an outage period.

Electric safety:

- If you use a generator to supply power during an outage, be sure to operate it outdoors. Before operating generators, disconnect from National Grid's system by shutting off the main breaker located in the electric service panel. Failure to do this could jeopardize the safety of line crews and the public.
- If you lose power, turn off any appliances that were on when the power went off, but leave one light on so you will know when power is restored.

Gas Safety

- If you suspect a natural gas leak:
- Get Out: All occupants should leave the house immediately. Do not use the telephone or light switches for any reason.
- Call Us: After leaving the house and reaching a safe environment, call the National Grid 24-hour gas emergency numbers:
- New England: 1-800-640-1595
- Stay Out: Do not return to your home until National Grid tells you it is safe.

Reminder: It's not safe to work in an elevated bucket during periods of increased wind gusts. Our line workers begin restoration work only when conditions are deemed safe.

About National Grid

About National Grid: National Grid (NYSE: NGG) is an electricity, natural gas, and clean energy delivery company serving more than 20 million people through our networks in New York and Massachusetts. National Grid is focused on building a path to a more affordable, reliable clean energy future through our fossil-free vision. National Grid is transforming our electricity and natural gas networks with smarter, cleaner, and more resilient energy solutions to meet the goal of reducing greenhouse gas emissions.

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LEGAL NOTICES ARCHIVE

All published legal notices are posted to the Massachusetts Public Notices website. To search the archive of previously published legal notices go to:
www.homenewshere.com OR masspublicnotices.org/Search.aspx

LEGAL NOTICE

TOWN OF TEWKSBURY
PLANNING BOARD

PUBLIC HEARING

SIGN SPECIAL PERMIT

Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on **February 13, 2023 at 7:00 P.M.** in the Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA 01876 on an application filed by **La Vita Dolce LLC on behalf of First Colonial LLC** for a Sign Special Permit pursuant to Section 6.2 of the Tewksbury Zoning Bylaw to a 24" smiley face logo above existing 2' x 15' business signage, as shown on plans filed with this Board.

Said property is located at 1866 Main Street, Assessor's Map 85, Lot 8, zoned Mixed Use Business.

The application may be examined on the Planning Board webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org.

Stephen Johnson, Chairman
230060 1/25, 2/1/23

LEGAL NOTICE

TOWN OF TEWKSBURY
PLANNING BOARD

PUBLIC HEARING

FAMILY SUITE

Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on **February 13, 2023 at 7:00 P.M.** in the Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA 01876 on an application filed by **Colleen Hennigan** for a Family Suite Special Permit pursuant to Section 7.1 of the Tewksbury Zoning Bylaw to construct an addition to the single family dwelling for a family suite as shown on plans filed with this Board.

Said property is located at 3 Amos Street, Assessor's Map 70, Lot 48, zoned Residential.

The application may be examined on the Planning Board webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org

Stephen Johnson, Chairman
230104 1/25, 2/1/23

LEGAL NOTICE

TEWKSBURY
PUBLIC SCHOOLS

PUBLIC HEARING
FY24 BUDGET

The Tewksbury School Committee will conduct Public Hearings on its proposed 2023-2024 School Budget on Wednesday, February 8, 2023 at 6:00pm in the LG1 room at the Tewksbury Memorial High School, 320 Pleasant Street, Tewksbury, MA. and Wednesday, March 8, 2023 at 6:00pm in the Cafetorium at the Center Elementary School, 139 Pleasant Street, Tewksbury, MA.

The Public is invited to attend these hearings.

The Proposed FY 24 Budget is available for review on the Tewksbury Public Schools website at https://www.tewksbury.k12.ma.us/departments-programs/business-office/

230098 1/25, 2/22/23

LEGAL NOTICE

TOWN OF TEWKSBURY
PLANNING BOARD

PUBLIC HEARING

LAND DISTURBANCE PERMIT
SITE PLAN REVIEW

Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on **February 13, 2023 at 7:05 P.M.** in the Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA 01876 on an application filed by **Town of Tewksbury** for a Site Plan Review pursuant to Section 3.6 of the Zoning Bylaw and Land Disturbance Permit pursuant to Chapter 19 of the General Bylaw to construct a new public works and school maintenance facility building, as shown on plans filed with this Board.

Said property is located at 999 Whipple Road, Assessor's Map 30, Lot 26, zoned Residential.

The application may be examined on the Planning Board webpage of the Town of Tewksbury's website at www.tewksbury-ma.gov. Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on www.masspublicnotices.org.

Stephen Johnson, Chairman
230100 1/25, 2/1/23

LEGAL NOTICE

TOWN OF TEWKSBURY

REQUEST FOR SERVICES
GENERAL CONTRACTOR
& SUBCONTRACTOR
PREQUALIFICATIONS

The Town of Tewksbury (the "Owner") is seeking prequalifications for "General Contractors and Subcontractors" as defined in Massachusetts General Laws Chapter 149, § 44A½(c) and as further defined by provisions stated in the RFQ to provide General Contractor and Subcontractor prequalifications.

PROJECT SCOPE:
The Tewksbury DPW and School Maintenance Facility Project consists of the construction of a new pre-engineered metal building (PEMB) and associated site development work, and partial renovations to the existing DPW building. The new building is approximately 43,900 square feet and comprised of an office/administration space, employee support space (lockers/showers/break rooms), vehicle maintenance space, shops spaces and a vehicle storage space. The renovations to the existing building include demolition of an existing 1,200 square foot mezzanine, converting 1,700 square feet of existing vehicle storage space to a vehicle wash bay, replacing fixtures and finish surfaces in bathrooms (450 square feet), and limited roof repairs. The site development work includes 4.8 acres and consists of grading, utilities, drainage, paving for circulation/parking, and curbing.

SUB-BID CATEGORIES:
Masonry, Miscellaneous and Ornamental Iron, Waterproofing, Dampproofing and Caulking, Roofing & Flashing, Glass & Glazing, Resilient Floors, Painting, Ceramic Tile, Acoustical Ceiling Tile, Fire Protection, Plumbing, HVAC, Electrical.

RFQ is available on Wednesday, January 18, 2023, on www.projectdog.com Project # **853425**

Statements of Qualifications are to be submitted electronically at www.projectdog.com, Project **#853425** on or before 2:00 PM on Wednesday, February 15, 2023.

ADDITIONAL INFO: Deadline for questions is at 5:00PM on Wednesday February 1, 2023. All questions shall be submitted in writing via e-mail to Brian DeFilippis at bdefilippis@PMAConsultants.com referencing, "Town of Tewksbury – New Department of Public Works & School Maintenance Facility" in the subject line.

230078 1/18,25/23

Please Recycle

Movie Review
'SAVING THE WORLD'
Page A-9



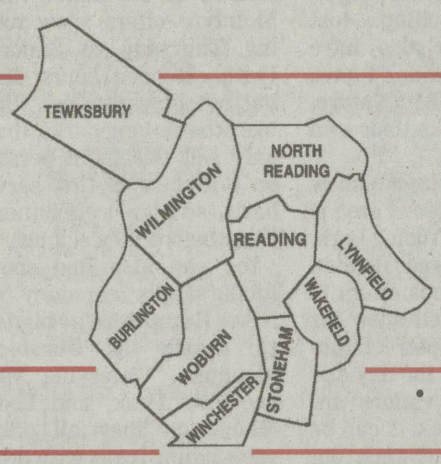
Recipe
PARMESAN-BUTTERNUT SQUASH GRATIN Page A-9

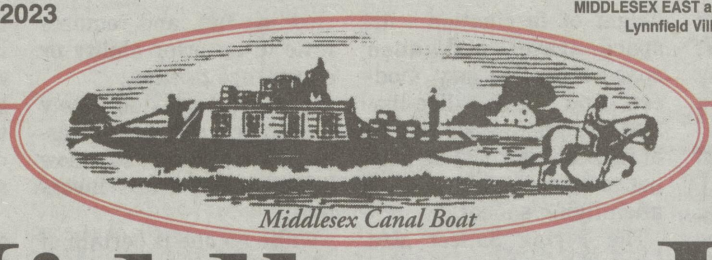


Real Estate Transfers Page A-12



MIDDLESEX EAST appearing in Daily Times – Chronicle (Reading, Woburn, Winchester, Burlington, Wakefield), Lynnfield Villager, No. Reading Transcript, Wilmington & Tewksbury Town Crier, Stoneham Independent





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Winchester's changing downtown

By RYAN LAROCHE

It's said the more things change, the more they stay the same. However, in downtown Winchester that saying might not apply.

Within the next five or so years, the look of the downtown, from Washington Street to Mill Pond to the Winchester Center Commuter Rail Station and its surrounding area could look markedly different than it does today. The town approved a multitude of projects to go forward, most of them dealing with affordable housing (as the town lacks the necessary amount of affordable units to satisfy state law).

The one non-affordable housing project involves the rehabilitation of the commuter rail station by the MBTA. For that project, the state's transportation authority is currently demolishing parts of the station in order to rebuild it to assuage safety and accessibility concerns.

It's a $50M project, paid for by the MBTA (minus a few add-ons paid for by the town). The project began more than a decade ago with initial costs expected around $15M. Since then, the MBTA pushed the project back and the cost continued to increase. One year ago, State Senator Jason Lewis told the Select Board the MBTA was finally ready to move ahead and put the project out to bid.

In recent months, the MBTA began demolition in the Laraway Road area, began demolition in the Waterfield lot area, formed the caps and grade beams in the Aberjona lot area, removed granite stone in the Laraway Road area, removed granite stone and started demolition, with dust control, in the Laraway Road area, began demolition on the northeast ramps, drilled shafts in the Waterfield lot area, and started pouring the foundation.

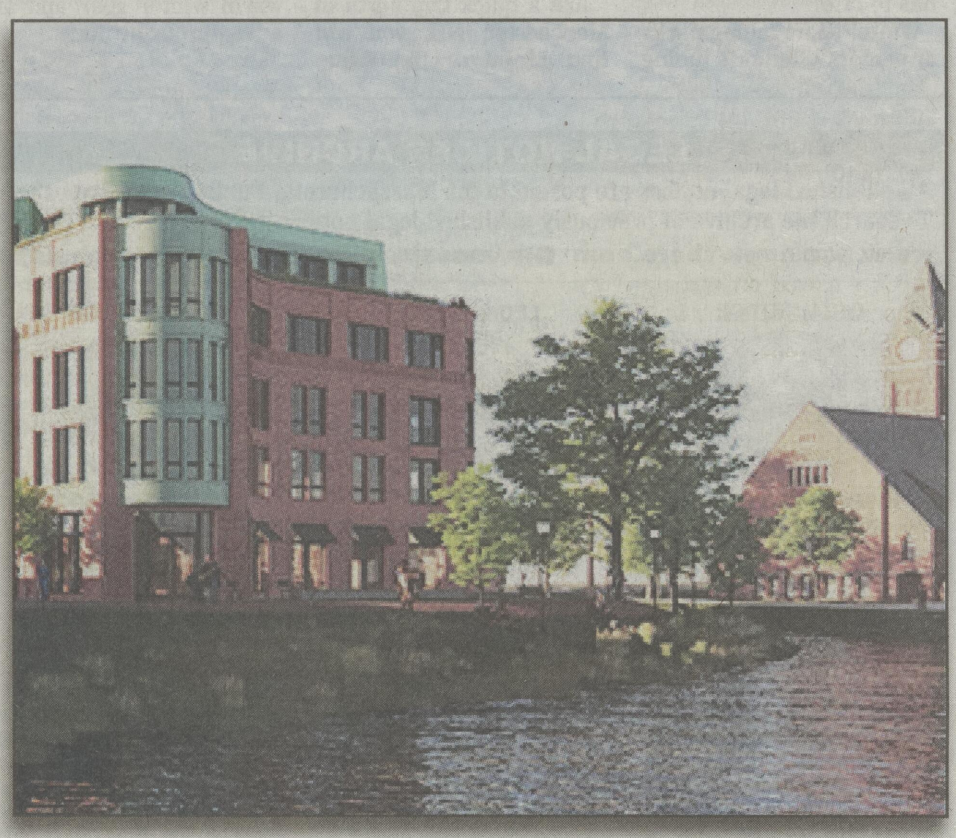
Back in October, Senior Project Manager Nathan Rae told the board everything remains on schedule. He added how they hoped to finish the demolition by the end of 2022. Rae said the MBTA planned to start construction of ramps off Laraway Road in November.

The project consists of reconstructing the ramp and installing a new stair on Laraway Road; installing a new stair and elevator on the inbound side at the Waterfield Lot; installing a new elevator, stair and ramp on the outbound side at the Aberjona Lot; and installing a new stair and elevator on MBTA-owned property behind the buildings on Laraway Road.

Waterfield lot

Next door to the commuter rail sits the Waterfield lot, a parking lot used by residents who take the train into Boston (or other places). The Select Board decided it made sense to lease the land for use as affordable housing. They released a Request

WINCHESTER TO A-9







CHANGES ON THE HORIZON - The town of Winchester approved a multitude of projects that could enhance the area from Washington Street to Mill Pond to the Winchester Center Commuter Rail Station and its surrounding area. Above, 10 Converse Plan design plans could change the familiar skyline. Property at the Washington Street / Swanton Street intersection (below left) which has been boarded up for more than a decade, is under consideration for a proposed three-story building with 60 total units. Below right, The Waterfield Lot project, next door to the commuter rail, will add 60 units with a 40/20 split and 119 parking spaces with 48 private and 71 public over a four-story building within 60,000 sq. ft. upon completion. (Courtesy photos)

REGENT THEATRE
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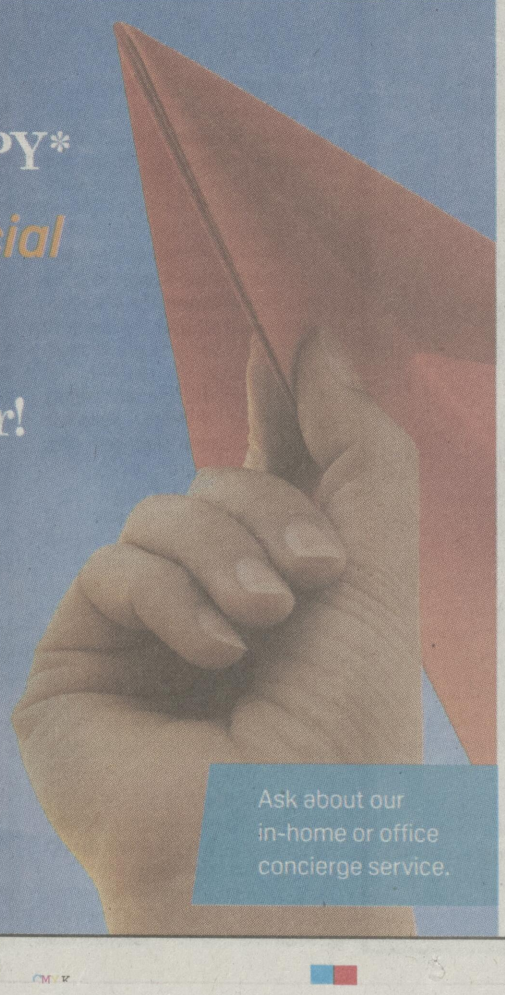
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Movie Reviews & Box Office News

Jesse Eisenberg directs a moving mother-son tale

By LINDSEY BAHR
AP Film Writer

In Jesse Eisenberg's smart directorial debut, "When You Finish Saving the World," Julianne Moore plays a Good Person, at least on paper. Evelyn runs a women's shelter for the victims of domestic abuse and other kinds of horrors. She drives a small, eco-friendly car. She listens to the classical music station. She eats Ethiopian food. She lives an unflashy yet undeniably privileged life, in a nice suburban home with her husband and teenage son. She is not, what you might call "happy" in the traditional sense.

Her state of being is more like one of smug satisfaction — or it might be were it not for her high school age kid. Despite all her best efforts to mold him in her image, he has become his own person, and it's a person she doesn't particularly like.

The kid in question, Ziggy (Finn Wolfhard) decided some time ago that money and fame were what he wanted in life, and he's gotten a small taste of both through a decently popular YouTube channel where he livestreams songs for a growing audience of young

REVIEW TO A-12



ARE WE THERE YET? - Finn Wolfhard, left, and Julianne Moore in a scene from "When You Finish Saving The World" from A24 Studios.
(Karen Kuehn/A24 via AP)

HomeNewsHere RECIPE

PARMESAN-BUTTERNUT SQUASH GRATIN



Ingredients

- 1 butternut squash (2 1/2 lb)
- 1/4 cup butter or margarine
- 2 large cloves garlic, finely chopped
- 1/4 cup Progresso™ panko bread crumbs
- 1/3 cup grated Parmesan cheese
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup chopped fresh parsley

STEPS

1. Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Peel, halve lengthwise and seed squash; cut into 1/2-inch-thick slices. Arrange with slices overlapping slightly in bottom of baking dish.

2. In 2-quart saucepan, melt butter over medium heat. Reduce heat to low. Add garlic; cook 2 to 3 minutes, stirring frequently, until garlic is soft and butter is infused with garlic flavor. Do not let butter brown.

3. In small bowl, mix bread crumbs, cheese and 1 tablespoon of the butter-garlic mixture.

4. Brush squash slices with remaining butter-garlic mixture. Sprinkle with salt, pepper and bread crumb mixture.

5. Bake uncovered 30 to 40 minutes or until squash is tender when pierced with fork. Increase oven temperature to 425°F; bake 5 to 10 minutes longer or until lightly browned. Before serving, sprinkle parsley over top.

WINCHESTER

FROM A-8

for Proposals and heard back from five developers, eventually settling on Civico.

With Town Meeting support, the town and Civico agreed on a 99-year lease for the developers to construct a building complex with 60 units where enough will be made affordable under state law to qualify all the units for the town's Subsidized Housing Index. However, even though Town Meeting approved the Land Development Agreement, some members opposed to that decision gathered enough signatures to force a town-wide special election.

There, voters, by a slim margin, rejected the LDA and sent the Select Board back to the negotiating table where they came to a new agreement that gave the town more money and more public parking spaces.

This new deal isn't significantly different from the original one; however, the town will receive more affordable units, more public parking spaces and more money ($1.5M to the town). In return, the town, through its Affordable Housing Trust, will loan Civico $500,000, which the developer will pay back over a 13-year period (with five percent interest).

In total, the project adds 60 units with a 40/20 split and 119 parking spaces with 48 private and 71 public over a four-story building within 60,000 sq. ft. The town expects to receive nearly $8M over a 15-year period from the project including property taxes ($3M), the money from Civico ($1.5M) and parking ($2M for a parking garage).

Washington/Swanton Street parcel

Residents who drive down Washington Street in Winchester (either coming from or going toward Woburn) have probably noticed buildings on the corner of Swanton Street all boarded up (and it's been that way for more than a decade). That strip of land used to house small businesses including Winchester Savings Bank before CVS leased the property with the intent to build a standalone one-story, 13,158 square foot, rectangular building on a site of about 1.19 acres.

For about a year, CVS went before the Zoning Board of Appeals for a special permit/site plan review. The Planning Board recommended unfavorable action; however, in July of 2013, the ZBA formally approved the site plan review.

During the hearing period, residents spoke out against the plan and pushed for the ZBA to reject it. Instead, since the use was allowed by right, the ZBA was limited to imposing conditions based on standards in Section 9.5.7 of the Zoning Bylaw.

This decision led to an appeal by neighbors (many of whom placed "No Mega CVS" signs on their front lawns). In October of 2013, neighbors filed a formal appeal to the land court to annul the site plan approval granted by the ZBA. After years of waiting, the land court eventually sided with the neighbors and rejected the site plan review.

CVS moved on and the property laid dormant until the Select Board purchased it, through eminent domain, in 2021, after Town Meeting authorized them to do so (and spend $5.3M in the process). Because the owners wouldn't negotiate, the town used eminent domain to acquire the property (it's allowed because taking the property would be for the betterment of the town through its use as affordable housing, something the town lacks).

The Select Board then released an RFP, to which the Melanson Development Group out of Woburn responded. Coincidentally, Melanson originally intended on purchasing the property several years ago and working with the town to develop it. However, possibly due to the coronavirus pandemic, those plans fell through.

Today, Melanson and the town will work together, as his team's project received the necessary approval of Town Meeting. While the town won't recoup the full purchase price after selling it to the Melanson Development Group, it will eventually receive property taxes, something it hasn't received while the property sat there unused.

The Melanson proposal includes a three-story building with 60 total units, 16 of which will be deed-restricted affordable to those making 60 and 80 percent of the Area Median Income. (This means, because it's a rental project, all the units will count toward the town's Subsidized Housing Index. Town Meeting voted that amendment in.)

The plan also calls for 90 resident parking spaces and 16 customer parking spaces (as the development team plans to convert 6,000 square feet on the first floor into commercial space). More importantly, the developer offered just north of $4M or approximately $1.3M less than what the town paid to acquire the property through eminent domain.

10 Converse Place

The last change to the look of Winchester's downtown might not actually happen, as this project at 10 Converse Place was recently rejected by the Conservation Commission. According to developer Ian Gillespie, his development team did everything the commission asked, including having the project peer reviewed twice. He called the rejection bizarre.

"They never looked at the information provided by us or the peer reviews," he said.

Gillespie said he plans to appeal the decision.

"We did everything we could to work with them," the developer added, noting his team would "never violate the wetlands protection act."

With the project abutting Mill Pond (across from the public safety building and down the road from the town hall and library), the project needed the Conservation Commission's approval. Gillespie said his group already passed the Planning Board phase.

This 25,800-square-foot site is currently home to a four-story office building with a 3,300-square-foot footprint. Ad Meliora and GCI purchased the building and land in 2020. The proposed design by architect Hacin + Associates was submitted to Winchester by the development team for 46 residential units and retail on the ground floor, with parking below grade.

The project now remains in flux, even as the Select Board planned this week to vote on the team's Notice of Intent for environmental work around Mill Pond. With the vote now scheduled for Wednesday, Jan. 25, it's unclear if the board will hold off as the project remains in limbo.

At a recent meeting with the Select Board, Gillespie and his architect Larry Beals said they sought an "opinion on if we should proceed; if so, we will move forward." The board chose to wait until town counsel could offer a recommendation; now, with the entire project on hold pending an appeal, there seems to be no reason to rush.

Gillespie also said. when asked after the meeting, he didn't have a firm timeline knowing the project hinged on a positive vote of the Conservation Commission. He seemed disappointed over the phone several days later when discussing the reaction by the Conservation Commission, suggesting he jumped through all their hoops.

(Gillespie also has another project with the town at 654 Main St., the site of Fells Hardware.)

If his appeal succeeds and the project goes forward, it will be just another change to Winchester's downtown landscape.

RMLD Reading Municipal Light Department
RELIABLE POWER

LEGAL NOTICE

IFP 2023-13

Pursuant to M.G.L. c. 164, § 56D, the Reading Municipal Light Department (or "RMLD") seeks proposals for the purchase of the following:

Pad Mounted Transformers

Sealed proposals shall be submitted to the Reading Municipal Light Department, 230 Ash Street, Reading, MA 01867, ATTN: Purchasing Department, no later than **11:00 a.m. on Wednesday, February 15, 2023.** Proposals will then be opened and unless obviously non-responsive, read aloud publicly in the RMLD Spurr/AV Room. Proposals received after the time of announced deadline will not be accepted.

Proposal documents may be obtained via email request to Maureen Sullivan, Assistant Materials Manager, at msullivan@rmld.com. For questions or further information, please contact Maureen Sullivan at 781-942-6441.

RMLD reserves the right to reject any or all proposals, waive deviations and informalities, modify specifications, negotiate price and contract terms, purchase items from multiple vendors, accept any proposal, and otherwise award the contract as RMLD deems to be in its best interest, as determined by RMLD in its sole discretion. RMLD also reserves the right to purchase the equipment from a statewide contract or other procurement options authorized by G.L. c. 30B.

Proposals shall remain valid and binding for sixty (60) days, Saturdays, Sundays, and legal holidays excluded, following the submission deadline. No agreement shall be valid or binding unless duly executed by RMLD or RMLD issues a purchase order signed by an authorized representative of the RMLD.

RMLD will make reasonable efforts to review and process proposals promptly. However, RMLD shall not be liable for any delays in acting on a proposal.

RMLD Reading Municipal Light Department
RELIABLE POWER

LEGAL NOTICE

IFP 2023-12

Pursuant to M.G.L. c. 164, § 56D, the Reading Municipal Light Department (or "RMLD") seeks proposals for the purchase of the following:

Pole Mounted Transformers

Sealed proposals shall be submitted to the Reading Municipal Light Department, 230 Ash Street, Reading, MA 01867, ATTN: Purchasing Department, no later than **11:00 a.m. on Wednesday, February 15, 2023.** Proposals will then be opened and unless obviously non-responsive, read aloud publicly in the RMLD Spurr/AV Room. Proposals received after the time of announced deadline will not be accepted.

Proposal documents may be obtained via email request to Maureen Sullivan, Assistant Materials Manager, at msullivan@rmld.com. For questions or further information, please contact Maureen Sullivan at 781-942-6441.

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RMLD will make reasonable efforts to review and process proposals promptly. However, RMLD shall not be liable for any delays in acting on a proposal.

LEGAL NOTICE

NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS

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ME 1.25

Tewksbury Police Log

Dracut man arrested on OUI, gun charges

Monday, January 16

4:07 p.m. - Caller stated that their cat went missing this morning at Danielle Drive. Calico cat named Nora with no tags. The caller stated if anyone calls, we would reach out to them.

Tuesday, January 17

2:56 a.m. - Police have a female matching the description in front of McDonald's in Lowell. Front desk worker at Motel 6 called in that a woman stated she was attacked by two males and then female left the location. Police transported the female to a shelter in Lowell. Officer filed a report.

12:21 p.m. - A suspicious package with no postage info on it was brought to police headquarters. They reported no suspicious content and all contents were thrown out.

1:01 p.m. - Police sent to Ames Hill Drive because caller believed someone tried breaking into her house yesterday via her balcony. Officer filed a report.

5:50 p.m. - Male caller reported an erratic driver in a bright red van crossing the lines. Caller stated the driver appeared to be falling asleep. Last seen crossing at Main Street and South Street. Police and Wilmington Police Department sent. They checked the area but they did not locate the vehicle.

Wednesday, January 18

5:44 a.m. - Employee at Cumberland Farms stated there was an unwanted person walking in front of doors asking customers for money. He was described as a white male in his 50s who was balding. Police sent. Party checked out and was on his way.

7:23 p.m. - Police out with a female behind the Marriott Residence Inn. Police sent for more assistance and the female party checked out.

Thursday, January 19

12:15 a.m. - The caller's son at Ames Hill Drive was observing suspicious activity at the clubhouse of the apartment complex. She reported there was an unknown amount of people staying in the clubhouse with sleeping bags and bottles. Caller reported there was no history of this happening to her knowledge. Police sent. A female was a resident there and had some friends over. They were watching television and played pool in the clubhouse.

8:49 a.m. - Caller reported there was a senior chocolate lab walking alone in the area of Wamesit Lanes. Caller continued driving. Animal Control responded after a meeting.

9 a.m. - Caller reported a dark blue backpack leaning against one of the pillars on the 9/11 memorial at Main Street. Police sent. Officer spoke to male party. It was his bag; he put it down to go to the gas station. He was going to move it.

12 p.m. - Staff at Lodge at Ames Pond reported they found drug paraphernalia along with used needles inside the building and believed people were trespassing overnight. Police sent. Officer filed a report and followed up with an involved party from previous incident.

1:18 p.m. - Caller reported over the past few weeks there had been vehicles stopping in front of her home taking pictures at Chandler Street. Caller stated vehicles have been small black sedan, silver jeep, and a black truck. Caller isn't home and would call in when she got home.

8:39 p.m. - A 911 caller reported her camera alerted her there was a person in her living room and her dog was barking at Merrimack Meadows Lane. Police sent. The caller stated upon further checking of her camera, she believed it was an error on the camera. Officer did a walkthrough with the owners. Everything was fine there.

Friday, January 20

3:13 p.m. - A 9111 caller for an erratic driver reported to be all over the road at Mexica Burrito Grill. Police sent. Humphrey Guluzian, 67 of 403 Rents St. in Dracut, was arrested and charged with negligent operation of motor vehicle, marked lanes violation, possess open container of alcohol in the motor vehicle, and third offense of OUI liquor.

4:18 p.m. - A 911 caller reported a male party was irate and kicking the door because his passcode to the storage unit doesn't work at Life Storage. Police sent. The male was leaving the property. Officer filed a report.

Saturday, January 21

3:43 a.m. - Worker from the front desk at Motel 6 reported a party sleeping in the lobby refusing to leave. As she called, the party left but she would like to speak to an officer. Police reported he spoke to the front desk via phone. Front desk reported party left and they do not need to speak to a police officer at this tome.

7:11 a.m. - Police sent at Deli King. Caller reported a male party in a black bathrobe and a ball cape hitchhiking. Police reported nothing showing or the surrounding area.

9:30 a.m. - Caller at John Street looking to speak to an officer about suspicious vehicle from last night. Police sent and officer filed a report.

1:49 p.m. - Caller from Apache Way reported she believed her tax form was opened and possibly sealed with glue. Police sent and officer filed a report.

3:35 p.m. - Call for a possible intoxicated party who initially went into the Balance Spa parking lot. The operator did make contact with the business stating he was looking for his food before stumbling over to Alfresca's. Police sent. Ronald Charette, 66, of 153 Barnum Ave. in Dracut, was arrested and charged with possess large capacity magazine firearm, carry without license firearm, OUI liquor, and store improper firearm.

Sunday, January 22

7:58 p.m. - Caller reported they found a bulldog on a leash with no collar at Mystic Avenue. Contacted Animal contact. Female from Wilmington on her way to pick up the dog.

Wilmington Police Log

Male party from New York arrested in scam attempt

Friday, January 13:

11:45 a.m.: Juan Carlos Guerra-Marroquin of 96 Essex St., Apartment #1 in Chelsea was issued a summons for Unlicensed Operation of a Motor Vehicle and Use of an Electronic Device While Operating a Motor Vehicle (1st Offense). This followed an incident in which the party returned to Benevento's on Salem Street in a white 2022 Ford F-350 to retrieve their passport.

3:32 p.m.: A caller reported that their father's gray 2002 Toyota Prius had been stolen from Worcester, with a woman answering a cell phone and stating that she was near Casa Blanca on Main Street in Wilmington. Police put an order to be on the lookout in neighboring towns as the woman on the phone entered Methuen. Police assisted in the search and the woman was taken into custody in Methuen, who contacted Worcester authorities.

4:09 p.m.: A caller on Houghton Road reported vandalism to their gray 2017 Honda CR-V.

Saturday, January 14:

12:45 a.m.: Ingrid Tevenal of 101 Lowell Road, Apartment #304 in North Reading was arrested for Failure to Stop for Police, Operation of a Motor Vehicle with a Suspended License, Operation of a Motor Vehicle with a Suspended or Revoked Registration, Uninsured Motor Vehicle, Possession of a Class B Drug, and Marked Lanes Violation. This followed a report of an erratic and speeding white 2012 Kia Optima on Route 62 Highway. The plates were removed from the vehicle after arrest and the party was bailed.

2:47 a.m.: Guito Neptune of 126 Vine St. in Everett was issued a summons for Unregistered Operation of a Motor Vehicle, Uninsured Motor Vehicle, and Unlicensed Operation of a Motor Vehicle. This followed a motor vehicle collision on I-93 Southbound Ramp to Ballardvale Street involving a gray 2008 Honda Odyssey and no injuries. The vehicle was towed.

8:46 a.m.: John H. Maiola of 110 Lowell Road, Apartment #106 in North Reading was issued a summons for Operation of a Motor Vehicle with a Suspended License (Subsequent Offense) and Speeding in Violation of Special Regulation. This followed a motor vehicle collision between a black 2016 BMW 535xi and a black 2016 Chrysler 300C on Route 62 Highway and I-93 Northbound Highway Ramp 34.

Sunday, January 15:

1:23 p.m.: A caller at Concord Street and I-93 Northbound Ramp 33 reported that their white 2003 Mercury Mountaineer had broken down and was holding up traffic. A hook and tow was called in and the party was transported nearby to wait for a ride.

2:33 p.m.: A caller reported that their black iPhone fell off the back of their vehicle while driving on Route 62 Highway and Glen Road. If the device was found, police were asked to contact the party's wife.

2:51 p.m.: The license plate of a blue 2006 Ford F-350 was reported as stolen on Fairmeadow Road and sent to the Criminal Justice Information Services. The plate was later recovered in North Reading.

Monday, January 16:

6:26 a.m.: Jonathan Natiel Inoa Sanchez of 3 Tracey St., Apartment #2 in Peabody was issued a summons for Unlicensed Operation of a Motor Vehicle. This followed a motor vehicle collision with no injuries between a yellow 2002 Toyota RAV4 and a FedEx truck on Research Drive and Ballardvale Street.

7:51 a.m.: Alexander Tomas-Lopez of 24 Mass Ave., Apartment #1 in Lynn was arrested for Warrant All Others. This followed a motor vehicle collision between a red 2021 Kaufman Trailer and a pole on Mass Avenue, which snapped. RMLD and Verizon were notified and the party was released.

2:25 p.m.: A caller on Belmont Avenue reported that their mailbox and property were damaged by a snow plow. Police arrived at the scene and spoke to the party, finding the mailbox dislodged from the ground and damage to the property's perimeter. Police gave the resident a phone number for the DPW.

Tuesday, January 17:

10:20 a.m.: Sanjiv K. Chhabra of 86-34 Sutro St. in Holliswood, New York was arrested for Attempted Larceny by a Single Scheme, Forgery of Document, Uttering a False Document, Forging or Misusing a RMV Document, Identity Fraud, and Fugitive from Justice on Court Warrant. This followed a report from Citizens Bank on Main Street in which a man attempted to withdraw $6,000 from a fraudulent credit card before leaving the bank.

5:44 p.m.: Elin Constantina Zgonis of 35 Arkansas Dr. in Dracut was issued a summons for Negligent Operation of a Motor Vehicle and Marked Lanes Violation. This followed a report of an erratic operator in a red 2014 Chevy Cruze on Main Street who appeared to be falling asleep at the wheel and who was driving in the wrong lane of traffic. The vehicle was towed.

Wednesday, January 18:

12:11 a.m.: A caller on Lowell Street reported that a blue sedan attempted to run them and their blue 2018 Chevy Colorado off the road. Police contacted their counterparts in Tewksbury and searched the area, but found nothing and no one involved.

11:23 a.m.: A police officer reported a disturbance in the town clerk's office in Town Hall on Glen Road. Peace was restored and the incident was judged to be a civil matter.

5:56 p.m.: A motor vehicle collision occurred involving a black 2009 Ford Taurus, gray 2020 Honda Accord, and a black 2012 Hyundai Accent on Lowell Street. Two of the vehicles collided and the caller stated that the operator of the third vehicle was threatening them. Police advised them to lock the car doors and wait within. Two vehicles were towed and all refused medical attention.

Thursday, January 19:

1:46 a.m.: Amgad S. Bekhet of 71 Brookside Road in Westford was issued a summons for Operation of a Motor Vehicle with a Suspended License, No or Expired Inspection or Sticker, and Number Plate Violation. This followed a stop of a yellow 2010 Toyota Prius on Main Street.

6:58 p.m.: Matthew Luther of 9 Chesterfield Ave. in Billerica was issued a summons for Leaving the Scene of Property Damage, Speeding at a Rate Greater than was Reasonable and Proper, and Failure to Yield at an Intersection. This followed a motor vehicle collision between a gray 2011 Nissan Altima and a white 2019 Ford F-250 on Main Street and Church Street.

8:49 p.m.: The manager at Burger King on Lowell Street reported that two vehicles were in the back of the parking lot with a BB gun. Another caller reported that the parties involved were two males in a gold sedan who were possibly under the influence of alcohol or marijuana and were shooting at a neighboring building. Police caught up with the vehicle and confiscated the weapon, as the reporting party chose not to press charges.

FEMA awards over $3M to Massachusetts for COVID-19 response costs

BOSTON — The Federal Emergency Management Agency will be sending more than $3 million to the Commonwealth of Massachusetts to reimburse the Executive Office of Health and Human Services for the costs of providing virtual triage services for hospitals during the COVID-19 pandemic.

The $3,056,275 Public Assistance grant will reimburse the commonwealth for contracting to provide virtual triage to reduce transmission that could occur if triage were to occur in crowded, in-person hospital settings between March 2020 and February 2021.

The contractor also provided dissemination of information to the public across Massachusetts regarding guidance about the individual's risk of having contracted COVID-19; and provided dissemination of public health information from federal and state agencies.

"FEMA is pleased to be able to assist the Commonwealth of Massachusetts with these costs," said FEMA Region 1 Regional Administrator Lori Ehrlich. "Providing resources for our partners on the front lines of the pandemic fight is critical to their success, and our success as a nation."

FEMA's Public Assistance program is an essential source of funding for states and communities recovering from a federally declared disaster or emergency.

So far, FEMA has provided more than $1.5 billion in Public Assistance grants to Massachusetts to reimburse the commonwealth for pandemic-related expenses.

Additional information about FEMA's Public Assistance program is available at *https://www.fema.gov/public-assistance-local-state-tribal-and-non-profit*. To learn more about the COVID-19 response in Massachusetts, please visit *https://www.fema.gov/disaster/4496*

Local students named to Dean's List at UNH

DURHAM, NH — The following students have been named to the Dean's List at the University of New Hampshire for the fall 2022 semester.

WILMINGTON

• Taylor Breen, Honors
• Salvatore Accardi, High Honors
• Jack Toomey, Honors
• Kyle Vallee, Honors
• Thomas Goodwin, High Honors
• Sabrina Doyle, Highest Honors
• Ryan Bailey, Highest Honors

TEWKSBURY

• Jaclyn Harrington, High Honors
• Paige Harrington, High Honors
• Ryan Quinn, Honors
• Elizabeth Miller, High Honors
• Alyssa Morrison, High Honors
• Logan Rusch, Honors

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District added counseling positions over the past few years due to need, requests

SUPPORT FROM PAGE 1

cent of middle school students have made a suicide plan. In Wilmington, almost one-third of middle and high school students answered that their mental health is not good either most of the time or always in a recent survey.

She also mentioned that the district slowly added counseling positions over the past few years due to student need and requests for services.

In response to the increase of crisis interventions required, they taught teachers how to de-escalate issues and used 35 restraints so far this year. Before the pandemic, they'd previously use an average of five restraints per year. Some of the challenges remaining in the district are the need for therapy, positions for school psychologists, and the impact on staff.

Now, they're emphasizing social-emotional learning and connecting home-school partnerships. This is done through care planning and coordinating wrap-around services to support students inside the school from student support staff and providing professional development for parents and staff about SEL.

Murray mentioned an upcoming event inviting families to learn about internet safety. She also spoke to the usefulness of Panorama data and sustaining tier 1 intervention.

"Clinical staff is our number one resource," she said.

With curriculum, they've incorporated programs like the Panorama playbook lessons and the MARC anti-bullying program.

She also showed that the Social Emotional Learning and Family Engagement Specialist positions align with the district's strategic plan objectives and the Department of Elementary and Secondary Education's strengthening partnerships framework for school districts. She emphasized that this work isn't a one-person job, and the efforts here can benefit everyone in different ways.

They displayed the roles that the district's clinical support team each fulfills, starting with school psychologists conducting evaluations compared to school counselors, social workers, and adjustment counselors covering counseling. District clinical staff provide consulting with outside care, crisis response, and family outreach.

Lastly, the social-emotional learning and family engagement specialists navigate social service systems, provide intervention, support SEL programming, host groups for students, help principals identify alternative remedies, and provide gender support planning guidelines for the district.

They also regularly go on home visits and provide referrals for programming or liaison to juvenile court systems and host parent workshops.

Some of the benefits they named of these specialists were that they work 200 days annually, including over the summer, and they can follow families through the school system since they're not building specific. They also provide referrals for students and staff.

Melissa Plowman commented, "I'm really proud of our district because we are really well staffed in terms of clinical support."

She asked about workload and was impressed by the layers of support available to students and staff.

Jay Samaha said he finds the data point of one-third of students saying their mental health is not good most of the time concerning. He also said he could see that the increase of staff was due to the increase of student needs.

M.J. Byrnes reflected that the role of these specialists was crucial to support student needs over the summer and "keep the ship afloat."

Superintendent Dr. Glenn Brand also mentioned that he noticed other districts bring on similar positions, some even by the same title.

Town manager wants cost adjustment for programs

WILDWOOD FROM PAGE 1

said.

Lastly, Brand shared how the town manager asked the school district to adjust the potential cost for incorporating the Wildwood programs into the West and the middle school by a significant amount.

"His specific intent, as he's conveyed to us, is to make a change to forego any construction costs related to bathroom and restroom cost."

He went on to say that this was a surprise that left the Wildwood Building Committee circling back to make a new plan.

Byrnes replied saying that she was irritated by the lateness of the town manager's direction.

"We have to have the restrooms outfitted for 5 and 6-year-olds," she exclaimed. "This conversation should've been had months ago."

Melissa Plowman called this request a "blindside." She proposed asking for the amount equivalent to the saved capital costs for the past five years of operating the Wildwood School to work with.

"I'm really not comfortable with this request," she continued.

Brand said that he reiterated to the town manager that they can't keep the Wildwood students and programs where they are currently for the next 5-7 years while they build a new school.

Turner expressed frustration as well, calling the price tag for this work cheap already.

Jay Samaha also agreed with the previous sentiments and suggested that they needed money in order to show that the town supports its youngest students.

David Ragsdale said that he could understand why it was hard to ask for money to retrofit a school for only 5-7 years and then possibly again to retrofit it back. However, he emphasized that this plan would minimize the impact on the middle school and the Wildwood students. He also expressed frustration with the process where the town manager can disagree about a warrant article for Town Meeting.

The last item for the committee was an update on the bus contract. Ruggiero reported they received two bids and he recommended going with North Reading Transportation. The committee approved following his recommendation.

The next scheduled meeting is scheduled for Jan. 25 at 7 p.m.

Wilmington Fire Department ready for seventh BFIT Challenge

BFIT FROM PAGE 1

Firefighters Cancer Fund, Kappa Sigma Military Heros Campain, Federal Law Inforcement Association, 22 Mohawks/Veterans suicide Awareness, and Live Boston 617.

The Town of Wilmington has a special connection with the Bruins BFIT Program as the idea for the challenge is rooted in Wilmington.

During the 2004 NHL strike, Bruins players (whose practice rink was located in Wilmington at the time) accompanied by strength and conditioning coach John Witesides, came to the Wimington Fire Station to train with and observe the daily operations of the department. This collaboration was the birth of the BFIT Challenge.

Newly retired Wilmington Firefighter, Charles Taylor, began his relationship with the Boston Bruins in planning the first BFIT challenge when he was an active member of the department, and today remains an active Boston Bruins BFIT liaison and participant representing the Wilmington Fire Department.

When asked about his favorite experience with the event, Taylor replied, "It's a great thing to see all the first responders come together. They have fun, learn about each other, and raise some money for worthy charities."

In past events, the Wilmington Fire Department has won the BFIT event three times, and is hoping to bring home a 4th win this year.

10 to 20 members of the Wilmington Fire Department are planning on participating in this year's event with their efforts to benefit the 100 Club of Massachusetts and the New England Firefighters Cancer Fund.

The 100 Club of Massachusetts provides benefits to the surviving families of Massachusetts firefighters and police officers killed in the line of duty.

The New England Firefighter Cancer Fund provides direct help to firefighters and their families who are fighting the growing epidemic of cancer among the firefighting community.

This year, Wilmington Fire Department has an ambitious goal of raising $600,000 for their charities, but due to the present economy, donations have been slow to come in, and they have not yet reached their targeted goal.

To make a donation to support the Wilmington Fire Department BFIT team, checks can be made out to Boston Bruins BFIT Challenge and dropped off at the Wilmington Fire Station, located at 1 Adelaide St. in Wilmington.

Corporate and business sponsorships are also welcome. To become a corporate or business sponsor, please email Charles Taylor directly at *charlest4182@gmail.com* with your company's information and donation amount and he will direct your sponsorship through the proper channels.

The Boston Bruins BFIT Challenge is also open to anyone in the community who would like to participate in this fundraising event, either virtually or in person at the TD Garden.

For registration information visit *www.bostonbruins.com/bfitchallenge*.

Middle School PAC hosting fundraisers to support school

MIDDLE FROM PAGE 1

6th grade Halloween dance, and build new traditions like the 8th grade Moving On Ceremony.

They also mentioned some fundraisers at local restaurants and their regular apparel sale helping them to put on these events and appreciation efforts. One of the PAC representatives said that they were proud and lucky to support Dr. Quirk in her work at the middle school. Their PAC has Instagram, Facebook, a website, email, and Venmo.

The committee members replied with appreciation for their dedication to helping change the middle school culture and create a sense of belonging at the school.

Wilmington Middle School Principle Dr. Quirk and Assistant Superintendent Christine Elliott delivered the middle school program update following the PAC's presentation. Quirk began by reminding the committee how the effort to rework the middle school schedule came out of the program review, after which they recruited volunteers to do so.

Elliott explained how the group first looked at culture and climate, created a purpose statement, identified priorities using data and opportunity gaps from intervention time, and lastly sought to meet the needs of students while accounting for equity and student voice.

The priorities that came out of this work were creating time for intervention without taking students away from class, the advisory block, additional ELA and reading time, and meeting time for teachers and staff.

Quirk noted that while there is currently advisory time and meeting time for certain groups, they also want to make it possible for all teachers to have group meetings and continue to improve the advisory block.

Superintendent Dr. Glenn Brand spoke up to ensure the committee that he believes the work on the schedule is the best direction for them. Having teams of teachers provides the ability to respond to student needs, integrate curriculum and skills, share strategies, and maximize time creatively. Their plan is for each team to have a representative of each core subject and one special education inclusion teacher. He said that he expects this to be necessary per their current enrollment, the only challenge would be if enrollment swings strongly one way or the other.

Quirk went on to show a version of the proposed schedule with each of the four core subjects meeting each day, advisory time once per the 6-day schedule, and a daily block called "WIN" which stands for "what I need."

This is an intervention block where students can receive intervention support for reading or math, IEP services, or even extra work for those advancing in certain subjects.

This schedule has the same number of transitions for students but fewer sections in the day for teachers, as the instructional periods would be longer. It would also provide the opportunity for students on IEPs to have greater access to unified arts classes and all students needing intervention with more time in their regular classes.

However, it moves the world language class to the unified arts block which would lead to an overall decrease in the amount of curriculum time for world language in middle school. This also means that there would be fewer sections of all the unified arts classes.

Next steps named by Dr. Brand included finalizing the unified arts course offerings and program of studies in February, the presentation on the new program of studies for March or April, finalizing staffing for impacted departments in the spring, and the summer would bring a planning team for the WIN block and unified arts course alignment. He assured the committee that the schedule isn't permanent but they don't want to introduce too many changes every year.

Committee member Stephen Turner said that he appreciated the expansion of world language into 6th grade and the creation of the WIN block. His only concerns were what advanced students would do during WIN and the overall loss of curriculum time for world language, which he hoped they'd recover in another schedule review.

Elliott emphasized that there will be careful planning and development of the WIN block so that they won't be creating inequities in an attempt to create equity. Melissa Plowman also asked if there would be time for students who need more of a challenge, and Elliott agreed that they could bring concepts to a higher level for certain students.

Jay Samaha proposed that introduction to world language be brought down to 5th grade. Elliott shared that there were already related discussions around this.

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• Real Estate Transfers •

BURLINGTON

1 Bates St was sold to Cady Construction LLC by Flynn Ft and Russo, Susan T for $540,000 on 01/03/23

11 University Ave was sold to Topaz Lt and Zhang, Yongli by Zhu, John X and Zhang, Yongli for $720,000 on 01/04/23

LYNNFIELD

49 Lynnbrook Rd was sold to Reynolds, Heidi and Bowers Jr, Kenneth B by Drislane, Tracy M for $1,300,000 on 01/06/23

NORTH READING

14 Gould St was sold to Melanson, Thomas and Hanley, Alexandra by Koper, Michael and Koper, Michelle for $530,000 on 01/03/23

346-R Haverhill St was sold to Germano Ft and Cataldo, Joseph by Jcj Rt and Cataldo, Joseph for $1,400,000 on 01/03/23

250 Martins Lndg #102 was sold to T A Fitzpatrick Lt and Fitzpatrick, Teresa A by Pulte Hm Of New Eng LLC for $467,410 on 01/06/23

250 Martins Lndg #109 was sold to Hanson, Patricia F and Hanson, Christopher M by Pulte Hm Of New Eng LLC for $488,870 on 01/06/23

250 Martins Lndg #112 was sold to Mcfee, Scott L by Pulte Hm Of New Eng LLC for $508,075 on 01/04/23

250 Martins Lndg #113 was sold to Ravindra C Vashi RET Agmt and Vashi, Ravindra C by Pulte Hm Of New Eng LLC for $577,680 on 01/04/23

250 Martins Lndg #3101 was sold to Pisano, Franco and Pisano, Carmela by Pulte Hm Of New Eng LLC for $578,555 on 01/05/23

250 Martins Lndg #3105 was sold to Guarino, Giovanna and Guarino, Raffaele by Pulte Hm Of New Eng LLC for $421,290 on 01/05/23

350 Park St #102 was sold to 350 Park Place LLC by Gsj Rt and Jamgochian, Gerald S for $320,000 on 01/05/23

350 Park St #104 was sold to 350 Park Place LLC by Gsj Rt and Jamgochian, Gerald S for $320,000 on 01/05/23

10 Pleasant St was sold to Koper, Michael and Koper, Michelle by Nowosacki Rt and Nowosacki, John S for $575,000 on 01/04/23

3 Takoma Cir was sold to Katalex Properties LLC by Achin, Carl F for $501,000 on 01/06/23

READING

20 Pondmeadow Dr #107 was sold to Jakren LLC by Pieces Of Eight LLC for $4,000,000 on 12/29/22

20 Pondmeadow Dr #202 was sold to Jakren LLC by Pieces Of Eight LLC for $4,000,000 on 12/29/22

20 Pondmeadow Dr #204 was sold to Jakren LLC by Pieces Of Eight LLC for $4,000,000 on 12/29/22

20 Pondmeadow Dr #205 was sold to Jakren LLC by Pieces Of Eight LLC for $4,000,000 on 12/29/22

20 Pondmeadow Dr #206 was sold to Jakren LLC by Pieces Of Eight LLC for $4,000,000 on 12/29/22

20 Pondmeadow Dr #207 was sold to Jakren LLC by Pieces Of Eight LLC for $4,000,000 on 12/29/22

20 Pondmeadow Dr #208 was sold to Jakren LLC by Pieces Of Eight LLC for $4,000,000 on 12/29/22

328 Ash St was sold to Corcoran, Philip and Corcoran, Deborah by Messina, Gary A and Ragucci-Messina, Ann M for $670,000 on 01/03/23

18 Winter St was sold to Jain, Rahul K and Jain, Monu by Decker, Robin I and Decker, David W for $767,000 on 01/04/23

STONEHAM

426 Main St #109 was sold to Winifred B Silk 2022 Lt and Silk, Winifred B by Binderman, R M and Binderman, Mary S for $547,200 on 01/06/23

TEWKSBURY

31 Edgewood Rd was sold to Choctaw American Ins Inc by Mendonca, Deanna L for $450,000 on 01/04/23

WAKEFIELD

248 Albion St #241 was sold to Price, Robert and Price, Caryl by Barbara F Roberto Irt and Treanor, Donna L for $648,500 on 01/04/23

40 Harrison Ave was sold to Giguere, Michael J by Cass, Eleanor M for $450,000 on 01/06/23

737 Main St was sold to Mcmahon, Marilyn by Sarno, Michael J for $595,000 on 01/04/23

33 N Emerson St #33 was sold to Fitzgerald, Michael P and Degennaro, Sarah by Fitzgerald, James J and Fitzgerald, Ida M for $722,500 on 01/06/23

WILMINGTON

19 Evans Dr was sold to Gibbons, Patrick J and Gibbons, Meghan E by Condon, Sean W and Condon, Diana M for $680,000 on 01/05/23

28 Nassau Ave was sold to Laporte, Michael R by Horan, Matthew F and Halpin, Emily M for $960,000 on 01/06/23

704 Woburn St was sold to Joliat, Michael R and Joliat, Catherine E by Susan A Downs Ft and Downs, Susan A for $500,000 on 01/05/23

WINCHESTER

12 George Rd #12 was sold to Xiao, Yuanyuan by Howard, Damian A and Howard, A E for $490,000 on 01/06/23

24 Hillcrest Pkwy was sold to Boulay, Thomas M and Wilson, Jeanne M by Coronella, John S and Rinard, Kathrine A for $1,200,000 on 01/03/23

WOBURN

74 Beach St #4-7 was sold to Florio, Brianna by Malia, John and Malia, Cheryle N for $282,000 on 01/05/23

27 Beacon St #B was sold to Vetrano, Maria and Privett, Helen by 27 Beacon Street LLC for $899,000 on 01/04/23

299 Lexington St #103 was sold to Desai, Sandeep and Desai, Mithila by Abbott, Mellinda M for $1,030,000 on 01/04/23

45 Merrimac St #8B was sold to Goldwetha Investments LLC by Malden, Jutta for $320,000 on 01/05/23

13 N Warren St was sold to Alves, M A and Alves, Renata T by Alves, Fabio I for $865,000 on 01/03/23

164 Place Ln #164 was sold to Crowley Ft and Crowley Jr, Joseph T by 164 Place Lane Rt and Adams, Margaret C for $500,000 on 01/03/23

12 Shield St was sold to Wu, Cankang by Sheilds Street T and Mcnary, David for $750,000 on 01/05/23

REVIEW FROM A-9

girls who then throw money at him through likes. He is also smug, in a different way, and resentful of his mother's sanctimoniousness. He couldn't care less about her Good Work and Good Life Choices.

Ziggy seems to have been shaped in Eisenberg's image, or at the least the image we have of him as an awkward, deeply insecure person who masks his insecurity with cruelty and intelligence in films like "The Social Network" and "The Squid and the Whale." Wolfhard embodies the cadence and emotionless affect of his director's on screen persona perfectly.

The heart of the film is the aching missed connections between mother and son. They have, they know, so much to be grateful for and yet can't seem to rise above their superficial differences. It's discontented suburban white people, sure, but Eisenberg keeps it fresh, modern and piercing. This point is hammered in, sometimes too bluntly, as both glom onto what they imagine to be ideal companions outside of the home.

Ziggy develops a crush on a serious, politically motivated peer, Lila (Alisha Boe), and tries on a social justice persona to get in her good graces. He has not yet learned to distinguish a woman's kindness from romantic interest. And so he asks Evelyn for help on how to sound smart and political. Rather than using it as an opportunity to connect, she decides it's a teaching moment to scold him to do the work. They are both right and they are both wrong.

It's hard not to watch this and cringe at your own teenage brattiness, but Ziggy is not the only party at fault. He at least has the excuse of his wild teenage brain to blame. Evelyn, on the other hand, does not. The capacity for immaturity is boundless.

Eisenberg's script goes hard on this very imperfect mother and Moore fully commits to her awkwardness and cruelty that she hides behind her Goodness. At the center where she works, she finds a stand-in son, a boy about Ziggy's age who has come in with his mother to help her get some reprieve from an abusive husband. Kyle (Billy Bryk) is a wildly decent and thoughtful kid – kind to a fault and eager to please. The fact that Kyle has emerged this good from a household so outwardly "bad" breaks something in her brain. She starts to claim Kyle as her own, dreaming about his future, taking him out to dinner, failing to see how uncomfortable she's making him.

Like Ziggy's obsession with Lila, Evelyn's with Kyle is also immensely awkward. Maybe too awkward and maybe a little strained, even with someone as capable as Moore handling the material. The point is received very early on, though, and your patience may start to wane.

Eisenberg, who has already proven himself to be a talented, unsparing writer, shows promise as a director. He has not made a flashy art film, but it's a smart, biting and occasionally sweet character piece about unlikable characters that you still may want to root for, because, though it may be hard to admit, they're not so different from us.

"When You Finish Saving the World," an A24 release in theaters Friday, is rated R by the Motion Picture Association for "language." Running time: 88 minutes. Three stars out of four.

—

MPA Definition of R: Restricted. Under 17 requires accompanying parent or adult guardian.

—

Follow AP Film Writer Lindsey Bahr on Twitter: www.twitter.com/ldbahr.

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PART ONE

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This new year, learn about Social Security online

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To learn more about fraud prevention and reporting go to the Protect Yourself from Social Security Scams and Scam Alert | Office of the Inspector General pages.

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Four ways to maintain your wellness goals this winter



(BPT) - Now that winter is officially in full swing, cold weather and shorter days are upon us, which can make it harder to stick to your wellness goals and resolutions. However, Registered Dietitian and Nutritionist Dawn Jackson Blatner offers the following tips that can help you invest in your well-being and stick to your health goals this season.

1. Exercise regularly

Regular exercise can boost your immune system, which helps your body avoid illnesses during the colder months. According to The New York Times, several studies have shown a strong link between regular exercise and lower risks of infection, including respiratory infections. Regardless of what exercise you partake in, 30 minutes of moderate physical activity five times a week can give your body an edge against cold and flu season this winter.

2. Winterize your hydration

Staying hydrated benefits your health in many ways, including aiding in the regulation of body temperature, preventing infections, delivering nutrients to your cells and lubricating your joints! It can also improve your sleep, cognition and mood. If you aren't craving big glasses of ice water on cold wintery days, winterize your hydration by reaching for hot drinks like herbal teas or add a squeeze of winter fruit like oranges or grapefruit to your water to make it more flavorful.

3. Eat Vitamin D-rich foods

Eating foods rich in Vitamin D is always important, but especially in the winter. We make Vitamin D from sunshine, so when we are seeing less of the sun we have to make sure we are getting it in our diet. Vitamin D is associated with bone health, muscle function and immunity and is found in foods such as fatty fish, fortified milk, certain mushrooms and egg yolks. Eggland's Best eggs contain six times more Vitamin D than ordinary eggs. Plus double the Omega-3s, 25% less saturated fat and more than double the Vitamin B12; they're really a nutrient powerhouse!

4. Add seasonal produce

With each season our cravings change. The fruits and veggies we wanted in the summer like crisp, cold salads will likely be different in the winter. So lean into the season and add winter produce to your routine such as kale, sweet potatoes, cauliflower, brussels sprouts and spaghetti squash. Produce adds beneficial antioxidants and fiber to help keep cells and digestion healthy.

Check out this hearty Sweet Potato Breakfast Bowl from Eggland's Best and don't forget to nourish your body during the coldest winter months while satisfying your taste buds!

Sweet Potato Breakfast Bowl

Prep time: 10 minutes

Cook time: 25 minutes

Yield: 2 bowls

Ingredients:

2 medium sweet potatoes (chopped into 1-inch cubes)

2 cups of baby spinach

1 tablespoon of olive oil

Pinch of salt

1/4 teaspoon of pepper

1/2 teaspoon of onion powder

1 teaspoon of garlic powder

1 large avocado (salt and pepper for taste)

4 Eggland's Best eggs, large

Preparation:

1. Add sweet potatoes, olive oil, salt, pepper, onion powder and garlic powder in a medium bowl. Mix thoroughly.

2. Put the sweet potatoes in the air fryer for 25 minutes at 375 degrees for the perfect texture. Shake the basket at about 10 minutes.

3. While the sweet potatoes are cooking, lightly coat your nonstick pan with oil over medium heat. Once the pan heats up, crack 4 eggs into the pan, season with salt and pepper and cover it.

4. Cook until the whites are set, but the yolks are still runny.

5. Divide the sweet potato and spinach between 2 bowls. Top each bowl with 2 sunny-side-up eggs and half an avocado.

6. Serve with sausage or veggie links if desired. Enjoy!

By following these four tips, you'll be sure to set yourself up for wellness success this year! For more tasty and healthy recipes featuring Eggland's Best eggs, visit EgglandsBest.com.

Social Security benefits could not keep up with inflation in 2022

By Javier Simon

Sponsored by Credible - which is majority owned by our parent, Fox Corporation, and is solely responsible for its services.

Many older Americans turned to public assistance to make ends meet in 2022, according to The Senior Citizens League. (iStock)

Inflation took a major toll on the budgets and financial wellness of many older Americans in 2022, research by The Senior Citizens League shows.

While Social Security benefits in 2022 increased by 5.9%, inflation increased by 7.1% year-over-year in November, as measured by the Consumer Price Index (CPI).

The 5.9% Cost of Living Adjustment (COLA) received from January through December fell short of actual inflation each month by 46% on average, The Senior Citizens League's report said. The group says this drop "left the average Social Security benefit of $1,656 short by more than $42 per month and more than $508 for the year."

The Senior Citizens League added, "While Social Security recipients are looking forward to an 8.7 percent increase in Social Security benefits in January, inflation in 2022 has taken a toll on retiree budgets."

If you're struggling in the current economy, consider paying off high-interest debt with a personal loan. You can visit Credible to get your personalized rate in minutes, without affecting your credit score.

SOCIAL SECURITY ADMINISTRATION TO MAKE SUBSTANTIAL COLA INCREASE IN 2023, BUT IS IT ENOUGH FOR RETIREES?

Prices of basic goods increased sharply for older Americans

Many senior citizens saw health insurance premiums and the price of basic goods like heating oil and food rise significantly in 2022, research by The Senior Citizens League shows.

Between October 2021 and October 2022, the fastest growing costs for households with consumers ages 65 and over were home heating oil (68%), airfares (42.9%), flour and prepared mixes (24.6%), health insurance (20.6%) and natural gas (20%).

"In older households, many of the goods and services that have the most stubbornly high prices account for the biggest portion of spending," The Senior Citizens League said in its study. "Since 2020, price hikes for virtually everything pose the biggest challenge for older Americans, particularly lower-income senior households who depend on Social Security for most, or even all, of their income."

If you're struggling to make your monthly payments, consider consolidating high-interest debt into a personal loan at a lower interest rate. You can visit Credible to speak with a personal loan expert to see if this option is right for you.

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Is mouth breathing really that bad? Yes, especially for older adults

(BPT) - Are you taking your nose for granted? Most people don't think of their nose as a complex organ that plays a role in keeping you healthy, especially as you age. With aging, however, comes changes to the nose, particularly to its structure and its ability to do its job.

For example, the effects of gravity lengthen the nose. Its tip begins to droop and its sides begin to collapse.[1],[2] Also, the soft tissue in the nose begins to become inflamed as people age.[3] These changes sometimes cause a restriction of nasal airflow called nasal airway obstruction (NAO),[4] a common condition impacting 20+ million Americans.[5]

Diana's story

NAO can cause people to breathe through their mouth, rather than their nose, to get enough air. This was especially true for Diana, 64, whose NAO symptoms greatly impacted her quality of life.

"I felt like I couldn't breathe well enough through my nose," said Diana. "I wasn't sleeping well and I couldn't exercise properly. I decided to see an ENT, who diagnosed me with NAO after an exam."

Diana's doctor recommended VivAer¬Æ (www.VivAer.com), a non-invasive technology that uses low temperature radiofrequency energy to gently remodel the nasal passage to improve airflow.

"I didn't realize how little I could breathe through my nose until after I was treated with VivAer," said Diana. "I'm still noticing improvement in my breathing. It is amazing to me. To be able to breathe through my nose so easily and fill my lungs through breathing through my nose is a gift."

For older adults who are likely to have existing comorbidities, VivAer could be an appealing option before more invasive surgery. If older adults have health conditions that cause increased risk of heart failure and stroke, or if they are taking anticoagulants, they may not be great surgical candidates. The good news is that as of January 1, 2023, VivAer is covered by Medicare.

The impact of mouth breathing on health and what to do

NAO may cause people to breathe through their mouth to get enough air. This contributes to many ailments that may be harmful to older adults such as decreased lung function[6], which can lead to difficulty breathing, and poor sleep quality,[7] which impacts energy.

"The nose does many important things for our bodies, like warming the air to body temperature before it enters our lungs or filtering out particles," said Diana's doctor, Raj P. TerKonda, M.D., FACS, otolaryngologist (ENT), facial plastic surgeon and sleep specialist. "By breathing through your mouth, you aren't letting your nose do its job. Correct breathing really should always begin with the nose, not the mouth."



Want to start investing? 5 expert tips to follow before you begin

(BPT) - If you're interested in getting started with investing but you're not sure what your first steps should be, you're not alone. A recent survey by Magnifi found that one-third of Americans are planning to invest by themselves in 2023, but even though they want to invest on their own, nearly half of them (41%) don't think they have the knowledge or confidence - and another one-fourth of them (27%) don't even know where to begin. Today's investors want independence to invest on their own, and the control to find and pick investments that are most important to them, but ultimately need personalized guidance so they're not left guessing and gambling.

Fortunately, now it's easier than ever to build a personalized investing plan and become a well-informed, confident investor backed by an investing assistant.

Here are some tips - and tools - to help you get started with investing this year.

1. Don't be afraid to get started. Start small, with an investment that allows you to get a feel for the process of investing. Most brokerages offer fractional shares, which lets you dip your toe in when you're just beginning. You can always add more investments as you further develop your plan and determine how much you want to invest over time.

2. Aim for diversification. This simply means not putting all your eggs in one investment basket. The truth is, diversification is easier than you may realize. You can accomplish this by buying a fund that holds a stock you're interested in (as well as other investments) instead of just buying that single stock - or by adding a bond fund that will add fixed income and offset risk from equities investments. With an investment search engine, it can be easy to find a variety of investments and all the details about each investment to help you determine if it matches your goals.

3. Make a plan. Too often, investors will make one single purchase and never come back. Having an actual plan before getting started helps you determine how much you want to invest overall, and allows you to develop your strategy to invest regularly over time to take advantage of dollar cost averaging. Your plan can also help ensure that you're investing in things that represent you and your priorities.

4. Invest in what you believe in. As you begin to realize how much more you can invest in, you might be surprised to find how easy it is to find investments that represent your personal values, such as social responsibility, and/or your interests (everything from electric vehicles to nanotechnology). The great thing about many modern online investing marketplaces is that you can find anything you want quickly, and even have fun investing.

5. Lean on technology. Thanks to the explosion of technology, you suddenly have the opportunity to make more informed - and more personalized - investing decisions. Now you can buy investments like you buy everything else, with the power of technology to make it simpler and quicker, as well as a better fit to your individual priorities.

Using the Magnifi app, for example, you can individually invest in strategies, ideas and values that are unique and important to you - using data, insights and market intelligence that will help you make more informed decisions to achieve your financial goals. If 2023 is the year you plan to make investing a serious part of your financial future, try AI-assisted investing from Magnifi Personal. This technology lets you speak with the app's first-of-its-kind AI investing assistant, which uses cutting-edge technology to offer access to intelligence, education and guidance. The investing assistant uses robust "conversational AI," so investing and getting answers about investing questions is as simple as texting. It's like having an investing assistant on-call in your pocket at all times.

Ways to prioritize nutrition on the go according to a registered dietitian

(BPT) - Life is busy and it can be challenging to make sure you - and your family - are getting the nutrition you need to stay energized and nourished all day long. Fortunately, registered dietitian Kristin Kirkpatrick, M.S. Quest partner, RDN, former lead dietitian at Cleveland Clinic and founder and president of KAK Consulting, LLC., shares her tried-and-true tips to help prioritize nutrition, no matter how busy life gets.

"I'm always on the go - whether flying to a conference, heading to the gym, picking my kids up at school or running errands around town," says Kirkpatrick. "To keep my energy up, my food must be easy to take on the go, but most importantly, must also contribute to better health."

Kirkpatrick shares her recommendations for keeping nutritious snacks on hand when out and about, based on her own experience as both a mother and busy professional.

1. Best on-the-road snacks

Kirkpatrick preps a "car grab bag" that's always ready to grab and go. "My car grab bag has to satisfy both me and my kids as they're often clamoring for a snack the second they get in the car."

She recommends stocking your car grab bag with kid-friendly and appealing snacks like whole grain pretzels, cheese sticks and apple slices.

2. Travel snacks for any trip

Whether you're flying or just running around town to meetings, it's easy to feel drained of energy. Grabbing a snack that's delicious, easy to carry around and energy-boosting - without jeopardizing your wellness goals - is a must.

"I turn to an old favorite with a new formulation that's better, softer and yummieeeer than when they first blasted into the market: Quest Chocolate Chip Cookie Dough Protein Bars. I've been traveling with these bars for over ten years, and they never disappoint," says Kirkpatrick. "Quest Chocolate Chip Cookie Dough Protein Bars are a good source of protein, with 4 net carbs and 1 gram of sugar, providing a steady source of energy throughout the day."

Maintaining control over lifetime decision-making and your estate

= By Susan M. Mooney, Esquire =

As a practicing estate planning and elder law attorney for thirty-five (35) years, the best advice I can give to any client is that if you want to maintain control over your future and

want your wishes to prevail regarding your future care during lifetime and your post-death estate distribution, then preplanning for your lifetime needs is critical. Establishing simple legal documents does not have to be elaborate or expensive and can save you and your family significant costs and potentially a lot of anguish and crisis planning later.

Further, you will maintain control over who will act in the roles of your decision-makers in the future, in the event you are unable to act on your own behalf during lifetime. Simple planning can protect you from Court intervention and from others, who may not be your choice of persons to control your future decisions or your estate.

The first step in any estate plan should include documents related to lifetime planning and protections, such as a Durable.

Power of Attorney and Health Care Proxy. These documents insure that during lifetime an individual's financial and medical needs, intentions and wishes are followed. These documents take care of you during lifetime (while other documents, such as

Wills and Trusts relate to division of your belongings and other assets after your death, which is of course important as well, but not as important as taking care of you personally and maintaining control during your lifetime).

The following are suggested planning to be considered in establishing or reviewing an estate plan to meet your individual goals. IN MY OPINION THE DURABLE POWER OF ATTORNEY AND THE HEALTH CARE PROXY ARE THE TWO (2) MOST IMPORTANT LEGAL DOCUMENTS FOR LIFETIME PLANNING AND PROTECTION TO MAINTAIN CONTROL OVER

YOUR FUTURE DECISION-MAKING, however, I have also included other important estate planning suggestions to consider.

1. DURABLE POWER OF ATTORNEY: A Power of Attorney is a very simple and inexpensive legal document that allows you to designate an individual who is authorized to act in your place during your lifetime, to conduct and participate in financial transactions on your behalf. This person, called your agent or attorney-in-fact, should be able to conduct any financial transaction in your place if you are either unable to do so, or if it is simply not convenient for you to do so, either temporarily or permanently. By executing a Power of Attorney, you avoid the risk of the Court appointing a Conservator to manage your affairs if you were to become unable to do so.

2. HEALTH CARE PROXY: The Health Care Proxy is the single most important legal document that any individual can have. It is a simple and inexpensive legal document that appoints the person of your choice as your health care agent, to speak on your behalf for medical decision-making ONLY in the event you are not legally competent or conscious to do so. It is important to name agents to avoid a Court appointed Guardianship, which is costly and can take weeks or months when a decision might be needed urgently.

3. HIPAA RELEASE: Separate and apart and in addition to a Health Care Proxy, a HIPAA release will allow your medical team to release information to those you name on the HIPAA release, whether you are competent or not at the time. Remember the Health Care Proxy will ONLY allow the release of information to your Health Care agent in the event you are not competent or conscious.

4. WILL: Determine if you need a new Will, or if you need to update or amend a current Will so that your post death wishes will be followed regarding distribution of your estate.

5. TRUSTS: Determine if a Trust is right for you. A Trust may be advisable if there is a specific need for holding assets in Trust, such as protecting assets for minor children or disabled individuals, or to avoid probate, or for tax planning, or in some cases an Irrevocable Trust for long term care planning.

6. BENEFICIARY DESIGNATIONS: Review and update all assets that allow you to designate a beneficiary, such as Life Insurance, Annuities, IRAs, 401ks, Retirement plans, etc. Assets with beneficiary designations are NOT controlled by your Will.

7. REVIEW OWNERSHIP OF BANK AND INVESTMENT ACCOUNTS:

Bank accounts and investment accounts generally allow for PAYABLE ON DEATH (POD) or TRANSFER ON DEATH (TOD) designations. This form of ownership is generally advisable, as opposed to adding children or other relative's names to joint ownership on your accounts. Joint ownership is generally ill advised, since your assets would then be exposed to the risks of other joint owners, such as their accidents, divorces or other financial risks and liabilities.

8. LONG-TERM CARE PLANNING: Is there any planning advisable or recommended for you in case long-term care is needed or imminent? While pre-planning is advised, in the long-term care category many folks believe that planning must be completed five (5) years prior to the need for long term care.

However, that is NOT always the case. Often planning can be beneficial even at the last minute when someone is already in nursing home care. DO

NOT PRESUME IT IS TOO LATE FOR LONG TERM CARE PLANNING IF YOU DID NOT PLAN FIVE (5) YEARS IN ADVANCE.

Remember that every individual's situation is unique, whether related to assets, health issues, or family situations. It is important that you receive personal advice related to your specific situation and estate planning needs from qualified professionals.

Nothing contained in this article is intended as legal advice specific to your personal situation. Please consult an estate planning or elder law attorney of your choice to review your personal planning and circumstances.

About the author: Attorney Susan M. Mooney, is a partner in the law firm of Dalton & Finegold, LLP. She has been a practicing attorney for thirty-five (35) years. She received her law degree, summa cum laude, from New England Law/Boston in 1987 and undergraduate degree from the University of Massachusetts. She is admitted to practice in Massachusetts State and Federal Courts and the Supreme Court of the United States. Ms. Mooney is a member of the Massachusetts Bar Association and the National Academy of Elder Law Attorneys (NAELA).

For further information about estate planning, visit our web site at www.dfllp.com. The firm offers legal services in various areas of practice including, Probate and Elder Law, Wills, Trusts and Estates.

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Element Care / PACE

When it comes to supporting seniors, choosing care is personal

No one likes to be in a position of asking for help, but as we get older, most of us have to get comfortable accepting assistance. That help might be cobbled together from family and friends, paid staff or the community. When your support system is loosely organized, it can all fall apart if the usual help isn't available, or when you temporarily need extra support, like after surgery.

The question is, how can you get the right amount of reliable help without giving up the independence that you value? Consider PACE, like the Element Care PACE program that operates in more than 40 towns across the North Shore and Merrimack Valley. PACE stands for Program of All-Inclusive Care for the Elderly, and it certainly does include a lot of different kinds of support for older adults who need extra help but want to keep living in the communities they call home.

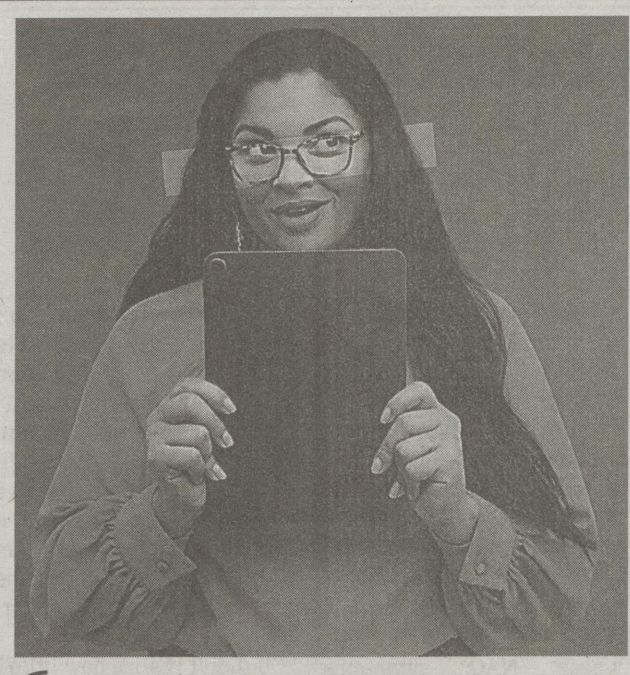
A big part of what makes Element Care PACE unique is the healthcare. Rather than chasing referrals and appointments all over town, all of your doctors, specialists and visits happen through Element Care's network. They have all the bases covered, including dental, vision, and hearing, as well as mental health, nutrition, and physical and occupational therapy. When you're in the program, all these health services are included and available when you need them.

Like so many aspects of life with PACE, your healthcare is personalized based on what you need. If you need services at home, you can get help with your meals, personal care or housekeeping. For folks who want to get out and about, one of the best parts of the program is everything that's going on at the Day Centers.

Element Care's centers in Lynn, Gloucester, Beverly, Methuen and Lowell are a bustling hub of activity every day, with safe transportation provided. Besides being the location for most of your health services, the Day Centers are where other seniors gather to socialize, enjoy meals together, exercise, and take part in any number of activities from cards and games to crafts and dancing. At the end of the day, you get to go home to your familiar surroundings.

More help is something we all need as we get older, but getting the support you need is a personal choice. When your independence is at stake, you need a reliable system that's personalized for your lifestyle. With a program like Element Care PACE, participants get to enjoy the best of both worlds: true independent living, at home in the community, along with highly personalized and all-inclusive care for all the important things. When you can count on help like that, you can get back to enjoying your independence without relying on friends or family for every little thing.

If you or a loved one could benefit from PACE at Element Care, call today to talk to their knowledgeable staff and find out if you qualify at (877) 803-5564 (TTY 711). Or, learn more online at elementcare.org.



6 ways to care for your eyes as you age

(BPT) - As you age, you'll notice several parts of your body change. You may find that you're achy or can't move as fast as you used to. One area of your health you may not think about changing as you age is your eyesight.

"Vision changes are a natural part of aging," said optometrist Dr. Inna Lazar. "But so many Americans don't get their eyes regularly examined and aren't proactive about their eye health. There are also many simple fixes for aging eyes, including affordable reading glasses and innovative eyewear solutions."

If you want to take care of your sight but don't know where to start, check out these six tips for protecting your eyes as you age.

1. Review your family eye health history

Just like you inherit your eye color from your parents, they may pass down eye diseases and conditions that develop as you age. Talk with your family about their eye health history to determine if you're at higher risk for developing an eye disease or condition. Make sure to let your primary care physician and optometrist know about any genetic eye conditions so you can be proactive about diagnosis and care.

2. Notice changes to your vision

Our eyes change slowly as we age, so you might not notice eye issues immediately. One common eye condition you'll likely develop as you age is presbyopia, the gradual loss of your ability to focus on nearby objects. A telling sign of this condition is holding books, newspapers and other reading materials farther away so you can read them. While annoying, this eye problem isn't serious and can often be managed with reading glasses or bifocal glasses.

If you're in the market for a pair of readers, consider Foster Grant. Foster Grant Pop of Power Bifocal Style Readers are an excellent solution to allow you to experience clear vision up close and far away, without having to remove your glasses. The bottom segment of each lens is magnified for reading while the rest has no magnification, and the entire lens helps filter potentially harmful blue light from digital devices and other light sources. The collection consists of eight styles with seven diopters ranging from +1.25 - +3.00.

3. Protect your sight by eating right

Having a healthy, balanced diet isn't just good for your waistline. According to the American Academy of Ophthalmology, nutrition can help protect your eyesight. Focus on eating eye-healthy foods like orange-colored vegetables and fruits like carrots, cold-water fish with omega-3 fatty acids and leafy green vegetables.

4. Get examined

An eye exam can identify potential eye issues in their early stages when they're easiest to treat. According to WebMD, if you don't have existing eye issues and are younger than 40, you should get a routine eye exam every 2 years. As you get older, exams should be more frequent to catch any changes to your sight.

If you are experiencing symptoms or have a family history of eye problems, it's a good idea to have a comprehensive dilated eye exam. This exam can help identify common vision problems as well as glaucoma and other eye diseases.

5. Protect your eyes

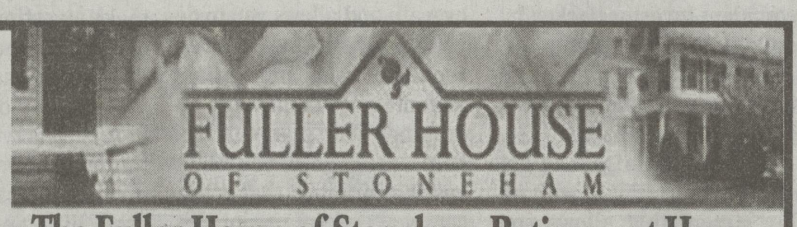
When you think of eye protection, you probably imagine safety goggles, eye shields and sports glasses. But one piece of eye protection you should use regularly is a pair of sunglasses.

According to the American Optometric Association, overexposure to solar radiation over time can increase your risk of cataracts, eye cancer and macular degeneration. You can protect your eyes by purchasing sunglasses that block 100% of UV-A and UV-B radiation. Pick a stylish pair so you can look good while caring for your eyesight. All eyewear from Foster Grant is 100% UVA/UVB protective.

6. Rest your eyes

Just like when you exercise your muscles, your eyes can become fatigued from overuse. If you spend most of your day looking at screens, you may experience eyestrain. To give your eyes a break, look away from your screen every 20 minutes at something 20 feet away for 20 seconds. Also, consider using blue light reading glasses, like Pop of Power Bifocal Style Blue Light Readers, which block 30% of potentially harmful blue light produced by computers and other artificial and natural sources, including the sun. To learn more, visit www.FosterGrant.com.

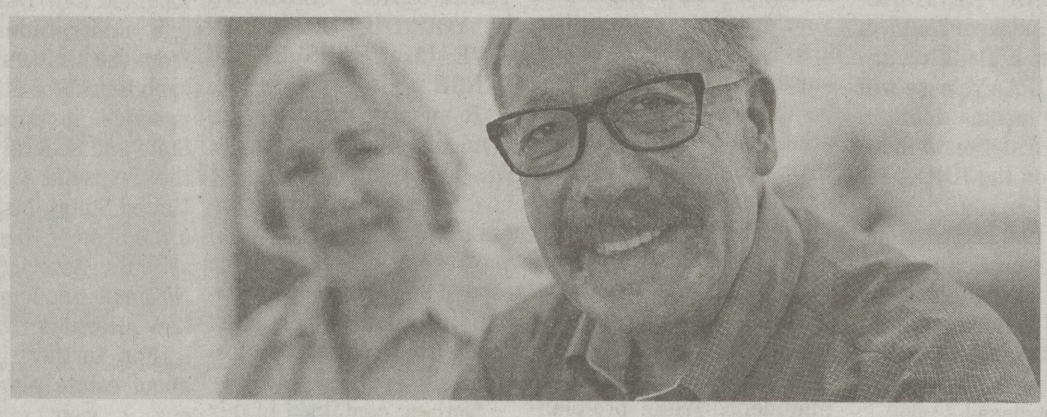
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The Fuller House Future Funds

Dear Friend,

I am writing to you on the behalf of The Fuller House of Stoneham as we launch our new Charitable Campaign; the Fuller House Futures Fund. We continue to thrive as we approach 100 years of continuous quality care to our senior citizens. What began in the early 1900's as a family's bequest of their home and substantial endowment with the vision to provide for the elderly population has blossomed into one of the finest small Rest Homes in New England.

We extend our request to area community members, businesses and families to become a part of the movement to support the Fuller family's mission to serve aging residents. A tax deductible charitable contribution can be made as a recurring donation, as a memorial with a passing of a loved one or within estate planning.

Our quaint Bed and Breakfast style private bedroom facility is beautifully landscaped and maintained offering 24 hour care. Our affordable rates include three daily home cooked meals and snacks, medication management, assistance with ADL's (daily tasks), activities and additional amenities. The committed staff consistently goes above and beyond to ensure all the residents are well cared for; we truly are a family. Our qualified Staff and Board of Directors are committed to the ongoing success of The Fuller House; a unique alternative to large corporate facilities.

The Fuller House is a private pay facility and strives to continue to offer affordable and modest monthly rates. We also work closely with the Veteran Affairs and PACE programs for families who need financial assistance. The donations received from our new Charitable Campaign will assist in maintaining the quality services that we offer and help to ensure that the mission to care for our elderly continues for many more years to come. I am sure the Fullers would be quite pleased and proud to see that their vision helped so many and remains so strong and vital.

Become a part of our continuing history; donate now and make a difference by giving to The Fuller House Futures Fund. All donations are greatly appreciated and can be submitted to

The Fuller House
located at
32 Franklin Street
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or online at our website
FullerHouseofStoneham.com

TOURS ARE ALWAYS WELCOMED
Warm Regards,
Judy Gallucci O'Brien,
Executive Director
James Corso,
Board of Director
President

Upcoming local events

Thursday, Jan. 26, Public Health Museum indoor & outdoor tours, 365 East St., Tewksbury, *publichealthmuseum.org*

Friday, Jan. 27, Pop Up Spice and Food Pantry Collection at 1487 Main St. (the former Auntie Dog location next to Kyoto), *6 - 8 p.m.,* Bring spices such as salt, pepper, sugar, soy sauce, fish sauce, cooking oil, cinnamon. Spices will be shared with Rep. Vanna Howard for Lowell residents, and other food donation items will be shared with Tewksbury Community Pantry.

Friday, Jan. 27, Library 1-on-1 Tech Help for Senior Citizens, *2:30 - 4 p.m.,* Tewksbury Public Library. Visit the second-floor Reference Desk to check in. Sessions will last up to 30 minutes. No registration required. First come, first served.

Saturday, Jan. 28, Maxwell's Winter Farmers Market, *10 a.m. - 1 p.m.,* 24 Maple Road, Chelmsford. Many Tewksbury market vendors are at this event such as Pierogi, Purple Carrot, Seafood Express and more.

Saturday, Jan. 28, Donate Blood, Tewksbury Masonic Hall, 70 Victor Drive, *9:30 a.m. - 3 p.m., Redcrossblood.org*

Saturday, Jan. 28, Public Health Museum outdoor tours, 365 East St., Tewksbury, *publichealthmuseum.org*

Sunday, Jan. 29, Westford Museum Free, *1 - 3 p.m.,* 4 Boston Road

Tuesday, Jan. 31, Library 1-on-1 Tech Help for Senior Citizens, *5:30 - 8:30 p.m.,* Tewksbury Public Library. Visit the second-floor Reference Desk to check in. Sessions will last up to 30 minutes. No registration required. First come, first served.

Through Jan. 31, 2023, TDTC Toiletries Drive, drop bin at Tewksbury Public Library. Donations of personal care items are appreciated in full and travel sizes including toothpaste, bandaids, soap, shampoo, hygiene products, and other toiletry items for women from birth to teens. *Tewksburydems@gmail.com.*

Friday, Feb. 3 and Saturday, Feb. 4, It's A Grand Night for Singing. Join the TMHS Theater Company on two grand nights featuring the songs of Rodgers and Hammerstein. Music from The Sound of Music, Oklahoma, Cinderella, South Pacific, and many more of your favorite golden age musical theater hits! Tickets are 10 dollars and can be purchased ahead of time at *https://www.showtix4u.com/event-details/69963*

Every Monday night, *7 p.m.,* Wilmington Knights of Columbus Hall 142 Middlesex Ave. $5 entry fee. All skill levels are welcome. Open to the general public (21 and up). Cash bar available.

Saturday and Sundays, National Street Car Museum, *11 a.m. - 4 p.m.,* 25 Shattuck St., Lowell

Tuesdays and Thursdays, *10 a.m. and 2 p.m.,* Wilmington Town Museum, Harnden Tavern, 430 Salem St. (Route 62), Wilmington

Saturdays, *12 - 4 p.m.,* Middlesex Canal Museum, 1 Faulkner St., North Billerica, *middlesexcanal.org*

Tuesdays – Fridays *9 a.m. - 4 p.m.,* **Saturday** *by appointment, closed* **Sunday and Monday,** Lawrence History Center, 6 Essex Street, Lawrence *Lawrencehistory.org*



Hanging with Officer Waffles

Tewksbury "Police Officer" Waffles' "Lunch Buddies" stopped by the office for a quick visit on Friday. Always nice to hang with friends. (Courtesy photo)

Puzzle Corner

SUDOKU

DIFFICULTY RATING: ★★☆☆☆

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HOW TO PLAY: Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

SOLUTION

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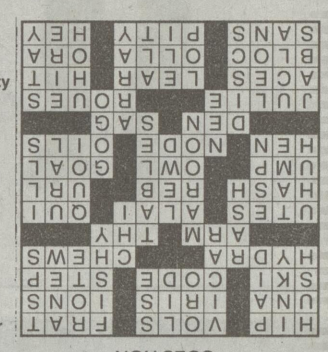
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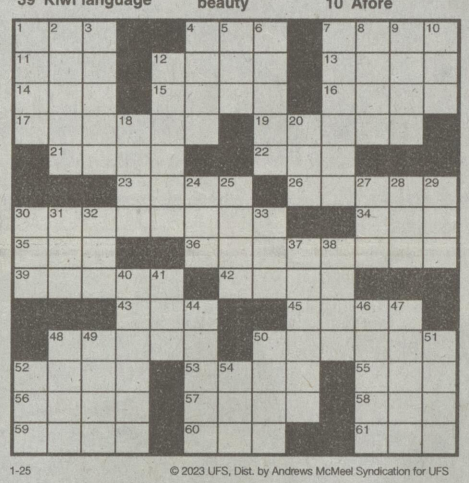
1 Soda can opener
4 Right this minute
7 Yard tool
11 Citrus cooler
12 Dash dial
13 Kuwaiti leader
14 Wire measure
15 As much as (2 wds.)
16 Go to the polls
17 Comfort
19 Glances at
21 Jiffies
22 Startled cry
23 Major prank
26 Drive away
30 Capitulated
34 Garden tool
35 Opposite of post-
36 Making possible
39 Kiwi language
42 Yves' girl
43 Publishing execs
45 Yield by treaty
48 Not built-up
50 Tend the aquarium
52 Floor covering
53 O.K. Corral name
55 Boston Bruins org.
56 Kendrick or Faris
57 Snapshots
58 Part of an ear
59 "By Jove!"
60 NFL scores
61 That, to Jaime

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1 Jaunty caps
2 Amigo's farewell
3 Southern beauty
4 Where hackles rise
5 World Series mo.
6 In one piece
7 Overturn
8 Running wild
9 Little foxes
10 Afore
12 Arizona city
18 Need an aspirin
20 Not 'neath
24 Picnicked on
25 Lucy Lawless role
27 Frat letter
28 Time period
29 Limb
30 Tachometer meas.
31 Baseball stat
32 Name for a lion
33 River blocker
37 Bodybuilder's pride
38 Eye suggestively
40 Go over again
41 Spud st.
44 Took a nap
46 Rumba or tango
47 Social mores
48 Onion —
49 Longest arm bone
50 Curved lines
51 Isle of exile
52 — kwon do
54 Bail out

SOLUTION





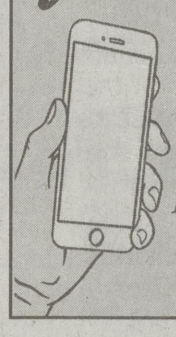
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Governor Healey pays visit to Analog Devices in Wilmington

(Joshua Qualls photos)







In one of her first stops as governor, Maura Healey came to Wilmington to visit Analog Devices at 1 Analog Way. She was joined by Lieutenant Governor Kim Driscoll, State Senator Barry Finegold, and State Representative Dave Robertson. The visit comes in advance of a speech scheduled for Thursday at the Associated Industries of Massachusetts January Executive Forum. Aanalog is an AIM-member business. Following the tour, the governor discussed economic and business development priorities for the state.



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Additional information about Min Lic. Ac. and her various treatments can be found by visiting **www.AWClinic.com.**

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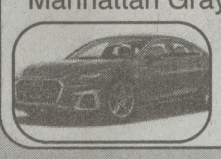
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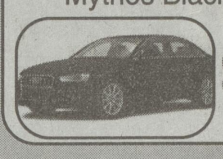
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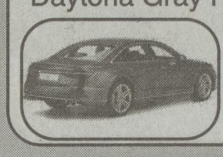
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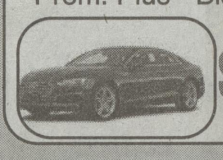
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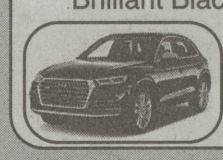
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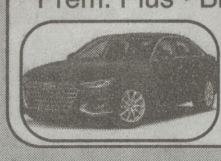
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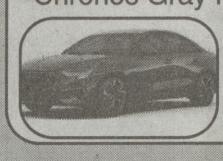
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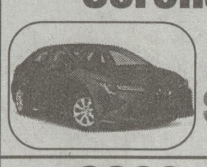
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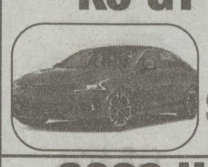
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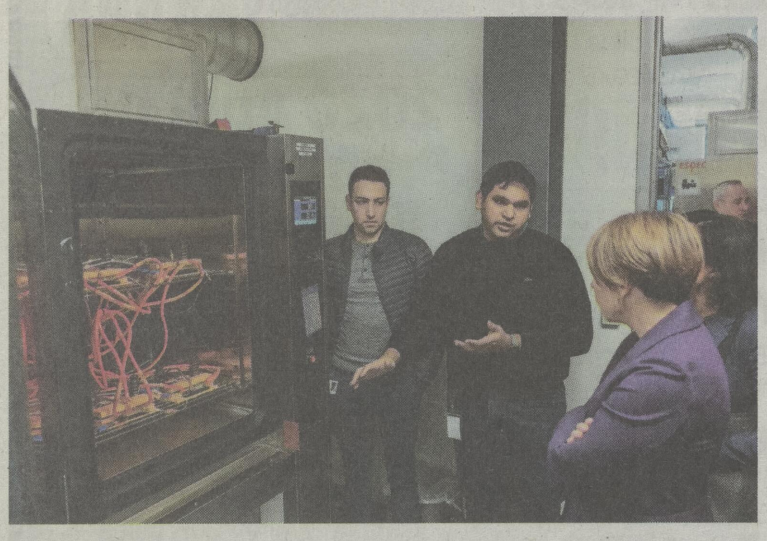
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Gov. Maura Healey tours Analog Devices in Wilmington as one of first official events











In one of her first stops as governor, Maura Healey came to Wilmington to visit Analog Devices at 1 Analog Way. She was joined by Lieutenant Governor Kim Driscoll, State Senator Barry Finegold, and State Representative Dave Robertson. The visit comes in advance of a speech scheduled for Thursday at the Associated Industries of Massachusetts January Executive Forum. Aanalog is an AIM-member business. Following the tour, the governor discussed economic and business development priorities for the state.

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Wilmington SPORTS

WEDNESDAY, JANUARY 25, 2023

Hally thriving on and off the ice

By DAN ZIMMERMAN
Sports Correspondent
sports@yourtowncrier.com

WILMINGTON -- Through- out the world of ice hockey, from amateur to professional levels, there are those pundits who forecast the gradual decline of the sport's popularity, particularly among school-aged children. Their somber prognosis is partly based on the affordability of this expensive pastime, as well as the availability of alternative athletic pursuits.

On a smaller scale, particularly in the Greater Boston region, a number of high schools have been compelled to form co-operative teams.

Last year, in the wake of dwindling interest, the Wilmington Wildcats girl's hockey team combined forces with Stoneham in order to survive. At the outset, there were growing pains, partly a loss of identity - there remains a lack of a team nickname - but more so due to the inherent trials of melding two distinct programs that were once rivals.

Many of the Wilmington upperclassmen understood their role was to set aside early animosity and lead the merged team to success. There are those who took on this task with dedication and unbridled enthusiasm, including Wilmington senior Katelin Hally.

After a year-and-a-half under the current format, Hally is thriving. As of Stoneham-Wilmington's recent come-from-behind 4-3 win over Bishop Fenwick, Hally remains second on the team in scoring with 8-goals and 10-assists, trailing only linemate Lily MacKenzie (15-goals, 6 assists), also a Wilmington native.

"Without having enough girls for our own team, I think it was the best decision we could have made," said Hally, when asked to share her thoughts about the co-operative environment. "I can't imagine a better team or town we could have combined with. The coaching staff from Stoneham and the girls is amazing and so enjoyable to be around."

In its second year, Stoneham-Wilmington girl's hockey has powered to an 8-3 overall record as of mid-January. The team has a flair for the dramatic, recently claiming a pair of back-to-back overtime wins against top-notch Wakefield and Burlington programs. It was Hally who provided the feed to MacKenzie for the game-winning goal over the Red Devils. Hally and MacKenzie, MacKenzie and Hally - a dynamic pair of hockey's best that account for 23 of Stoneham-Wilmington's 37-goals on the season.

"Despite us not having enough personnel at times, I'm hesitant to break up those two," said Stoneham-Wilmington Coach John Lapiana, who recently added standout Stoneham skater Ava Krasco to the Hally-McKenzie line. "They really work well together and are always able to find each other."

"Personally, I think Lilly and I have amazing chemistry," shared Hally. "We have been playing together for a few years now and we automatically clicked. It's so crazy how sometimes, I won't even call for the puck and she just knows where I am. We always create good plays and we are really strong with our zone entry."

Much of MacKenzie's goal-scoring output is obviously the result of Hally's generosity on the ice. She is the epitome of an unselfish hockey player.

"As soon as I get the puck, I am seeking someone who is open and who I can pass it to," she said.

Hally, 18, is a lifelong Wilmington resident. Through the years she has attended the Boutwell Early Childhood Center, Shawsheen Elementary, West Intermediate, Wilmington Middle School, and currently, the Wilmington High School where she is wrapping up her senior year.

Hally has the typical hockey lineage, starting to skate soon after she learned how to walk. As a youth, she played for the Wilmington boy's team alongside current teammate Gabby Daniels. At the age of nine, she joined the Andover girl's youth team followed by a three-year stint with the Islanders Hockey Club. Before joining the Wilmington High School Wildcats as an eighth-grader, Hally rounded out her youth hockey career with the U19 State Champion North Suburban Wings out of Middleton.

Currently, Hally spends part of her off-ice time working for a daycare as a teacher. Her students are three and four-year olds and oddly enough, it's the same facility that cared for her when she was a baby. Her extracurricular activities include Wilmington High soccer, a sport she has participated in since the age of 6, as well as artwork and painting canvases with friends.

A college education is definitely on the radar for Hally, who continues to weigh her options with hopes of advancing her hockey career. She expressed a deep interest in psychology and fascination with the workings of the human brain. But as far as college, she plans to major in Sports Management.

"I've already been accepted into all of my schools of choice," she said. "I'm trying to get recruited and have been talking to a few coaches so hopefully it works out."

Before college hockey, however, there is the matter of helping her co-operative team continue its winning ways and delve deep into the playoffs.

"My favorite hockey memory would have to be our second round playoff game last year against Shrewsbury," said Hally, whose supporting cast includes her father Brett, mother Faith, and twelve-year-old brother Tyler. "We had the biggest student section I think any girl's team has ever had. The playoffs didn't last very long for us but getting cheered on by that many people was an experience I'll never forget. Hopefully, this year we'll go far and reach the Boston Garden."

Hally is one of the driving forces behind the Stoneham-Wilmington success this season. But obviously, there are people behind the scenes who have guided her and helped make her the premium hockey player she is today. Coach Lapiana, for instance, has shepherded this dynamic skater for five years.

"She's a great kid and a wonderful player to have," he said. "She has a knack for the game, ample talent, and a lot of weapons. She's a smart hockey player and her coachability is unmatched. It's going to be really hard to say goodbye to her at the end of this season."

Katelin Hally paid tribute to her father, who likely has fond memories of the years of pre-dawn drives to games and practices with his fledgling star hockey player.

"I just want to thank my Dad for always pushing me in hockey and trying to make me be the best I can be," said Hally, who this columnist feels is deserving of a Golden Doodle for her exceptional exploits. "I would not be where I am today in hockey without him."



Wilmington High senior Katelin Hally is enjoying a terrific season for the Wilmington/Stoneham Co-Op Girls Hockey team, with 8 goals and 10 assists in just 11 games. (photo by Bob DeChiara).

Seven months on the job and things are changing for the better

Sitting down with WHS (Interim) Athletic Director Dennis Ingram

By JAMIE POTE
Sports Editor
jamiepote@hotmail.com

Dennis Ingram has held the Wilmington High School Athletic Director's job - on an interim basis - since July 1st. When he took over, he became the school's fifth (counting Ed Harrison twice) person to sit in the chair since June 30th of 2016.

During that time frame from 2016 to when he took over, many things had changed within the entire sports department - some for the good and some for the bad.

Between low enrollment at the school, a handful of ugly incidents at games, at the school or even out of school, Ingram was thrown into an extremely tough situation. Wilmington's image has taken a hit over the last handful of years and changes needed to be made immediately.

Now seven months into the gig, Ingram has brought a lot of stability back to the department. He has implemented some new ideas and is working extremely hard to get Wilmington's image, pride and athletic success back on the map. He knows that there's still ways to go, but he certainly likes the direction - forward - that Wildcat Country is headed.

"It's going well. Most of it is kind of what I expected. Of course there's stuff that you are not expecting and you have to adjust on the fly, but I've had a great support system," he said. "(Former Athletic Director) Ed Harrison is the bathroom monitor (at the high school). I see him for coffee every morning so I can talk to him about things. My senior faculty managers are Jon Amico and Russ Carroll and both of them have been phenomenal. We are so lucky to have a great trainer in Tom Nye. He's been fantastic. There's a lot of good people doing good jobs here that make my life a lot easier."

Besides the assistance from that group, Ingram said the addition of the new high school principal Ryan Gendron - a former varsity football coach at Arlington High - has really been beneficial.

"I just met Ryan in the summer and I feel like we have known each other for twenty years. We have a lot of the same views. He's such a great guy. I think his background in athletics and coaching really helps him as a principal and as an educator," said Ingram. "Just seeing the way he handles things and talks to kids, it's almost like he's a coach. He has a lot of great qualities. He's been super for me. I'll be down in his office and we can talk about anything. He's been super supportive for me.

"There will be games that I show up to on the road, and who walks up right behind me but him and it's like 'what are you doing here'? I told him that him being visual speaks volumes because he's backing up the things that he believes in. You can't even measure it because the kids all see it and the parents see it. Now it translates from here's that guy who says high school is important, camaraderie is important and being a respective citizen in your community is important and he's here (at so many events), believing in what he's saying. He's just been fantastic."

In terms of every day duties, Ingram handles the position like every other Athletic Director between scheduling, dealing with coaches, parents, student-athletes, attending various meetings and so many other behind the scenes things. He said for the most part, it's been what he has expected but there have been a few wrinkles thrown in.

"Every single day something new pops up. Eddie tells me all of the time and he used to tell me all of the time that it's (putting out) brush fires. Things pop up, you handle them, you keep them small and you move on because things happen," Ingram said. "During the fall at one of our home football games, we had a grandmother who needed medical assistance and it was very serious. Our trainer Tom was there and he did an amazing job. We also had a boys and girls doubleheader soccer game with Stoneham and the lights went out. So sometimes it's about handling stuff on the fly and figuring things out."

EIGHT IS ENOUGH

When Ingram took the position, he knew that several veteran coaches would be stepping down. However in seven months, eight varsity coaches have resigned/retired including golf (Steve Lynch), girls soccer (Sue Hendee), cheerleading (Christina Zuccaro), wrestling (Peter Mitchell), boys basketball (himself), girls basketball (Jessica Robinson), girls tennis (Matt Hackett) and baseball (Aldo Caira).

Five of those positions have been filled at this point with Amico being named the interim boys' basketball coach, Chris Frissore has taken over the girls' basketball team, Kevin Riley with wrestling, Kylie Bolarinho with cheerleading and Matt McManus

INGRAM C6W



Wilmington High School's Interim Athletic Director Dennis Ingram has been extremely busy since taking over the role on July 1st, including making many schedule changes like he was doing on Tuesday morning in his office. (photo by JoeBrownphotos.com).

From a 7-game winless streak to a 4-game winning streak

Wildcats catching fire at the right time

By JAMIE POTE
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WILMINGTON – Well, well, well, look what the 'Wild' cat dragged in: a four-game winning streak.

After going winless in the first third of the season at 0-6-1, the Wilmington High School boys hockey team has completely turned the tides and have won four in a row, including the tail end of a home-and-home sweep against Watertown last Wednesday, followed up by a convincing win over Melrose played on Senior Night on Saturday afternoon at Ristuccia.

The 'Cats came away with wins of 6-1 and 4-1 and had six different scorers in the first win, four different scorers in the second win, while goalie Justin Finnegan combined to make 44-of-46 saves to earn two victories.

The four wins puts Wilmington at 4-6-1 overall, while last Friday's MIAA Power Rankings had them slotted No. 20 in Division 2.

"We've got a little confidence (now) and we're skating and playing hard. The schedule got a little better for us. We have put some pucks in the net, we're playing better and we're playing a better all-around game. We're getting goals from different places," said Wildcat head coach Steve Scanlon. "The other night (against Watertown) all three lines, six different scorers and today we had a few different ones, so things have been looking good."

In Wilmington's first four games, they were outscored 21-5 and then came tough one-goal losses to Burlington and Wakefield.

Since then, Wilmington knocked off Stoneham, 4-1, Watertown twice 3-2 and 6-1 and then Melrose 4-1, meaning in the winning streak, the 'Cats have outscored teams 17-5, giving up two goals or less in all four contests.

"I think confidence has so much to do with it. When you're playing as hard as you can against those (top Middlesex League) teams (and losing games) you get down. You play with a lot more pep and stuff when you're putting pucks in the net and you get that confidence," said Scanlon. "Those (veteran) players are starting to score now.

"All teams go through that snakebitten thing and we just happened to get it in the beginning (of our season) and that was a tough time to get it and we're coming out of that."

While the goal scoring has been so instrumental in the turnaround, really the success has been on the defensive end.

In Saturday's win, Finnegan saw just 18 shots and almost all came from outside the dots or from the point – barely anything came from intight or from the slot area.

"That's a good point. We have kept the shots to the outside today and that's something that we have done a much better job at the last few games that we have been winning," said Scanlon. "We're keeping the shooting to the outside and (Finnegan) is playing better and doing a better job with rebound control or steering them out.

"We tell the defensemen to clean the slot out and bury that rebound into a corner and don't turn and try to go up the slot (with the puck) because you'll get your pocket picked."

In the win over Melrose, the 'Cats stormed out to a quick 3-0 lead after the first period. Just 40 seconds into the game, Brett Ebert scored right off the face-off.

Then later in the period, the 'Cats struck for two goals within 26 seconds with Bobby Cyr scoring on a turnaround wrist shot. Nate Alberti scored the third one on catch and release wrist shot from the left inside circle.

Just 56 seconds into the second, Alberti sent a nice pass intight from the left side to the opposite post and Mike Daniels pushed it home to make it 4-0. Melrose scored its lone goal with 14 seconds left in the second.

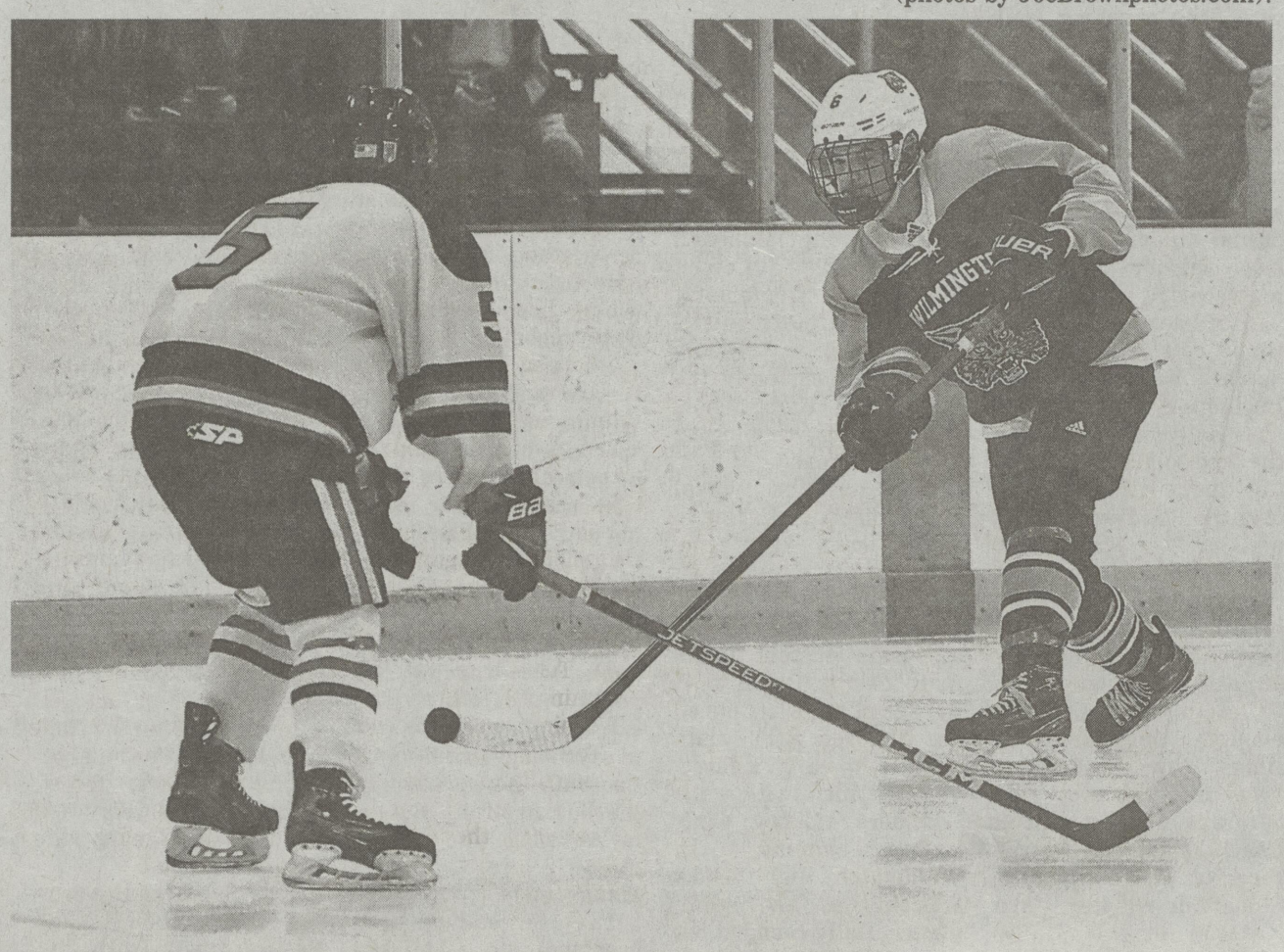
In the 6-1 win over Watertown, Casey Robbins, Daniel Lagunilla, Brian Barry, Cyr, Ebert and Alberti all scored single goals. Ebert, Owen White, Adam Ebert, James Caples and Robbins each had one assist.

Wilmington is scheduled to face Matignon on Saturday for a 12:30 game but they have postponed its last four games due to lack of numbers so that game is currently up in the air.

On Sunday night at 7 pm, the 'Cats are playing Woburn with the game being held at Bentley College. Then on Wednesday night, they'll face Belmont, one of the top teams in the entire state.

"We're now 4-6-1 after that (winless start) so we're trying to catch up before we get those two big teams (with Woburn and Belmont)," said Scanlon. "We're playing Woburn at Bentley College and we've never been down there so that should be pretty cool. We have a bye here (with no game on Wednesday) so we can get healthier a little bit. It's been a nice run and we're doing OK. We want to keep it up."





Above, Wilmington's James Caples gave Melrose's Jason Pino what appeared to be a clean hip check during Saturday's 4-1 home win. However, Caples was given a two-minute penalty for a leg-trip. And below, Wilmington's Bobby Cyr shoots under pressure from Reading's TJ Michel during an earlier season game.
(photos by JoeBrownphotos.com).

Wilmington/Stoneham Girls team enjoys come from behind win over Fenwick

By DAN ZIMMERMAN
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MIDDLETON -- Just when it seemed as if the Stoneham-Wilmington girl's hockey team might suffer a loss to Bishop-Fenwick last Wednesday night, they engineered a dramatic come-from-behind rally and in doing so, avoided back-to-back defeats.

Trailing 3-1 after two periods of hockey, Stoneham-Wilmington came storming back with four unanswered in the third to claim the thrilling win and improve to 8-3 overall. Bishop-Fenwick, meanwhile, fell to 4-5 with the last-minute loss.

Leading the charge, which took place entirely within the final six-minutes of the game, was Wilmington senior Lily MacKenzie, who added her third hat trick of the season and currently leads the team with 15-goals and six assists.

"Last year, in the first game of the season, we came here and lost 7-1," recalled MacKenzie, who wrapped up her junior campaign with 21-goals. "We were concerned that might set the tone for the season. While we beat them in the rematch on senior night, splitting the games stayed with me. I don't want to see that happen this year."

Coach John Lapiana was pleased to see the girls quickly bounce back from the recent loss to Belmont.

"This feels good coming off that Belmont game," he said. "A 4-1 loss to a team that we're capable of competing against was a bitter pill to swallow."

The opening frame featured up-and-down, evenly-played hockey with Bishop-Fenwick holding a slight territorial edge over visiting Stoneham-Wilmington. The Crusaders soon capitalized at 3:14, as senior Zoe Elwell sent a low wrister from the right point, beating goalie Maddie Sainato through traffic.

Midway through the second period, Wilmington's Ashley Mercier knotted the game, getting past goaltender Ella Tucker off a rebound. Mercier, alone in the slot, had ample time to pick her spot and claim her 4th goal of the season, from Grace Tobias.

Instead of ramping up the attack following Mercier's timely goal, however, the Stoneham-Wilmington skaters turned perceptibly lethargic in their approach. Bishop-Fenwick took full advantage, capturing a 3-1 lead with a pair of goals six minutes apart, from Abigaile Bruner and Katherine Roddy.

"While the decision-making wasn't always great, I thought the energy level in the first period was good," said Lapiana. "But then as we went into the second period, we kind of took our foot off the gas. At times, we were throwing the puck away and doing so in dangerous areas. Between two and three, we talked about what wasn't working and what we could do to make a difference."

With 6:34 remaining in the game, MacKenzie collected a feed from Katelin Hally at the blue line and raced along the right wing. With one to beat, she cut hard to the net, leaving the defenseman in her wake, and buried it to cut the deficit to 3-2. Just over a minute later, it was Hally's turn, as she found the back of the net during pressure in front. The game-tying goal, with 4:57 left, was assisted by Ava Krasco.

In the midst of the rally, Bishop-Fenwick broke out three-on-one with Stoneham's Isabella Shirtcliff back as the lone defenseman. She risked a poke check and made what Lapiana described as a "huge play."

"We train them to stay in the middle and let the offense make a mistake," explained the coach. "In this instance, she was close enough to press the puck carrier and make a difference. That might have been a nail in our coffin."

Penalties, especially those that change the outcome of a close game, keep coaches awake at night. With 1:25 left and all in attendance at the Essex Sports Center preparing for overtime, Bishop Fenwick's Mya Jewel committed a flagrant cross-check during heavy action in front of Sainato. The officials had no other choice but to ring her up for the infraction.

"There's no question we had some puck luck at the end of this game," said Lapiana. "I credit our girls for not striking back in our crease and holding on to the man-advantage opportunity."

With 31 seconds left, MacKenzie scored the game-winner on the power play, with Gabby Sacco providing the helper.

"I passed it up to Gabby, then we passed it back and forth, and then the defenseman fell," said MacKenzie, who later added an empty-netter for the hat trick. "I booked it to the net and yelled for Gabby to shoot it. The goalie had the puck but then it came loose and I poked it in."

"Tonight, our girls saw that if they work hard and never give up, good things will happen," said Lapiana.

Stoneham-Wilmington returned to action on Wednesday night in Reading (results in after press time) and then will next host a formidable Arlington (7-2) club on Saturday at 6 p.m.



The eight Wilmington members on this year's co-op girls hockey team with Stoneham include front row from left, Emma Flynn, Katelin Hally, Maddie Sainato and Cara DiGiovanni; and back row from left, Ashley Mercier, Gabby Daniels, Lily McKenzie and Julia Archer.
(photo by Eric Canha).

Lorick and Roberts chosen to two elite Bowl Games

By JAMIE POTE
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This past weekend, two local football players were chosen to participate in elite college showcase games this past weekend, which included scouts from both the National Football League and the Canadian Football League in attendance.

Tewksbury resident Masyn Lorick was chosen to participate in the 'Dream Bowl' which was held in Little Elm, Texas. Lorick just completed his tremendous career playing at Stonehill College.

Again, according to the website, "The Dream Bowl is a College Football All-Star Showcase of the best FCS, D-II and D-III players from across the country. The game and the series of events held over Martin Luther King Weekend are a celebration of the excellence, commitment, and sacrifice made by the players and their families. The Dream Bowl treats seniors to a real bowl game experience. The Dream Bowl provides first-class accommodations, meals, and facilities for the players, along with a full weekend of football and social related activities for their friends and families, which will create a lifetime of memories for their collegiate send-off game."

Lorick said the entire experience is something that he will never forget.

"It was a very professional and organized opportunity to showcase my talents in front of NFL, CFL, XFL, and IFL scouts and coaches across the country," he said. "During my time, I received some interest from scouts and have had a few conversations after the practices held as they were in attendance. Another big thing about the experience was the positional knowledge gained from defensive backs coach Larry Whigam and also head coach Devin Wyman, who both NFL careers with the New England Patriots. The words and wisdom they left me with, I will never forget. It felt great to know that they felt so highly of me at the status that they have. Overall, it was a great weekend and I am looking for more opportunities my way to keep continuing for the future."

At Stonehill, Lorick, a fifth year defensive back, finished the season with 33 tackles (plus 22 assisted tackles), 1 fumble recovery and one interception. For his career, he had 70 tackles (plus 43 assisted tackles), two fumble recoveries and two interceptions.

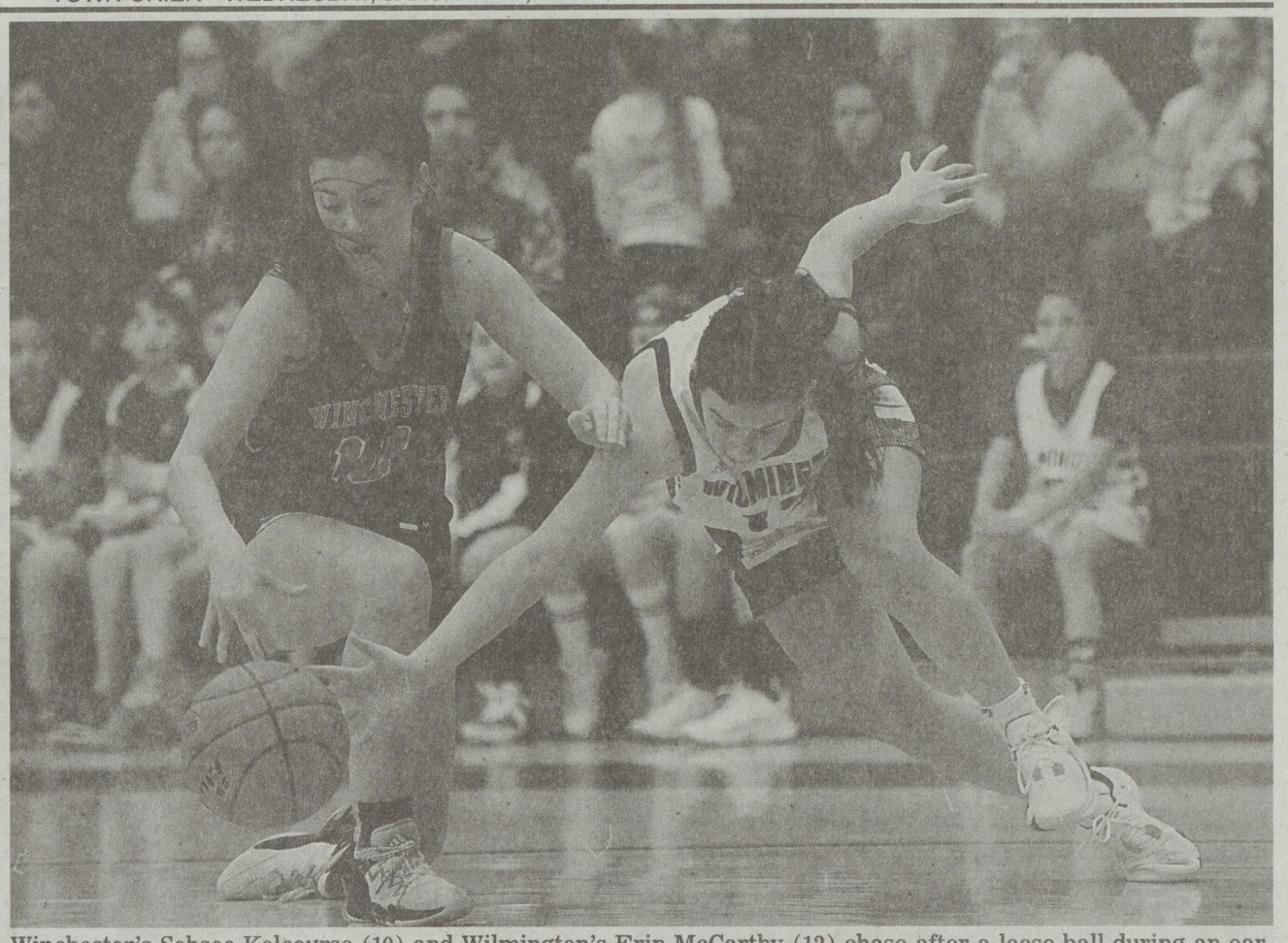
Besides Lorick, Wilmington resident Tyler Roberts, who just completed his terrific career at Merrimack College, was chosen to be a part of the Tropical Bowl, held at the Camping World Stadium in Orlando, Florida. Roberts, a 6-foot-2, 238-pound halfback/tight end, played for the National team, which was defeated by the American team, 48-10.

Roberts didn't play however as he tweaked his knee during a practice leading up to the game.

According to the website, the Tropical Bowl is "a premier FBS Division I level College Football All Star Game played in Orlando, Florida annually in mid-January at Camping World Stadium during SPIRAL "Bowl Week". The SPIRAL Tropical Bowl showcases the top college football seniors to NFL scouts and GM's who travel from around the country to the event. The weekend is focused on scouting, teaching, and football."



Tewksbury resident Masyn Lorick participated in 'The Dream Bowl' held this past weekend in Texas. Here he shows his game jersey, while posing with one of his game coach's, former NE Patriots player Devin Wyman. (courtesy photo).



Winchester's Sehsee Kelcourse (10) and Wilmington's Erin McCarthy (12) chase after a loose ball during an earlier season WHS Girls Varsity Hoop game. (photo by Bob DeChiara).

'Cats looking to be a little more consistent

By JASON COOKE
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WILMINGTON -- Coming into this week, the Wilmington High School girls basketball team sat at 3-7 with hopes to use the remaining ten games as a way to boost their position in the power rankings.

However, after two more additions to the losses column, that original goal is only becoming harder for head coach Chriss Frissore and his squad.

On Friday night, even though school was canceled due to snow, the Wildcats took the hardwood against a tough Melrose team, losing by a score of 38-27 on the road.

"That's a team we can definitely play with," said Frissore. "If we played like we did (against Belmont), I'm pretty sure we would have won. But we ended up not showing up for the game and we lost a game we should have won."

After the game, Frissore noticed leadership in the locker room stepping up regarding how the team needs to come out and play hard regardless of the opponent.

"I know the girls had a conversation about it as a team without me, and I had a conversation with them and said we need to be ready to play all the time," said Frissore. "It can't just be against good teams."

Wilmington looked to regroup and bounce back on Tuesday night, welcoming Belmont to Wilmington High School.

The Wildcats were in the game all night, trailing by just a point at halftime. However, they weren't able to secure the win, losing by a score of 54-44.

"We played really well, but we just came up a little short," said Frissore on the loss.

Looking past the loss, Frissore is proud of the way his team managed the basketball.

"The main thing was we didn't turn the ball over that much, and that's why we were in the game until the end," said Frissore.

Erin McCarthy led the scoring with 13, followed by Eva Boudreau (12 points), and Allesandra Delgenio (ten points).

"We had some pretty good scoring across the board," said Frissore. "We did well as a team to score today."

Heading into the fourth quarter down only three, Belmont took control of the game and eliminated the Wildcat's chances.

"That's a good team we played today and we were right there with them all the way through the fourth quarter," said Frissore.

Reflecting back on the two losses, Frissore and his team understand what they need to do to give themselves a shot on any given night.

"After these two games, I'm back to where I've been over and over," said Frissore. "If we come ready to play and we're doing what we're supposed to do, then we'll be good. If we don't come ready to play, we're going to lose."

The Wildcats will look to come ready to play this week with three games, starting with Groton-Dunstable on Thursday. They'll then match up with Burlington on Friday and Wakefield on Tuesday.



Wilmington's Charlie Rosa carries the ball against North Reading's Andrew Boulas during an earlier season home game. (photo by JoeBrownphotos.com).

Boys Basketball team again comes so, so close

By JASON COOKE
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BELMONT -- Coming into this winter season, it was expected that the inexperience of the Wilmington High School boys basketball team wasn't going to make it easy on them. A first year interim head coach paired with many first year varsity players is not a recipe for immediate success, which has proven itself accurate at this point in the season.

Now at 0-13 with losses to Melrose and Belmont this week, the team is simply trying to get over the hump of being able to win a game in the fourth quarter.

On Friday night, the Wildcats fell to Melrose by a score of 45-42, and the way it went down wasn't too unfamiliar with head coach Jon Amico.

"It was a similar game to some of our other losses," admitted Amico. "We had a couple leads in the fourth quarter. It was a back and forth game."

The team has had numerous games where they were unable to successfully close out the final minutes, which has cost them some wins this season.

"The inexperience definitely plays a big factor," Amico said of the late game troubles. "These games, we know we can play with these teams. If we lose by two or three points but we go down swinging, I can't be mad about that."

Tiago Gomez led the way for Wilmington on Friday with a team high 15 points.

Unfortunately, the Wildcats took a step in the wrong direction coming off the loss. On Tuesday, Belmont was able to cruise to a 16 point victory in a game where Wilmington just wasn't ready to play.

"A lot of turnovers again," said Amico following the loss. "It felt like we took a step backwards today."

Along with the turnovers, Amico didn't exactly feel the effort was there for the full 32 minutes.

"We came out so flat," said Amico. "A couple kids played hard, but we were flat throughout the entire game."

Specifically, Noah Spencer had a breakout performance, scoring 18 and rebounding 12.

"(Noah) Spencer played awesome," said Amico. "He had eighteen points and twelve boards. He's a big, physical, tough kid. He's got some great post moves and has a good eye for the ball on rebounds. For his size, he uses his body very well."

Given the effort from Spencer and his teammates, the size and depth of the Belmont squad was no match for Wilmington.

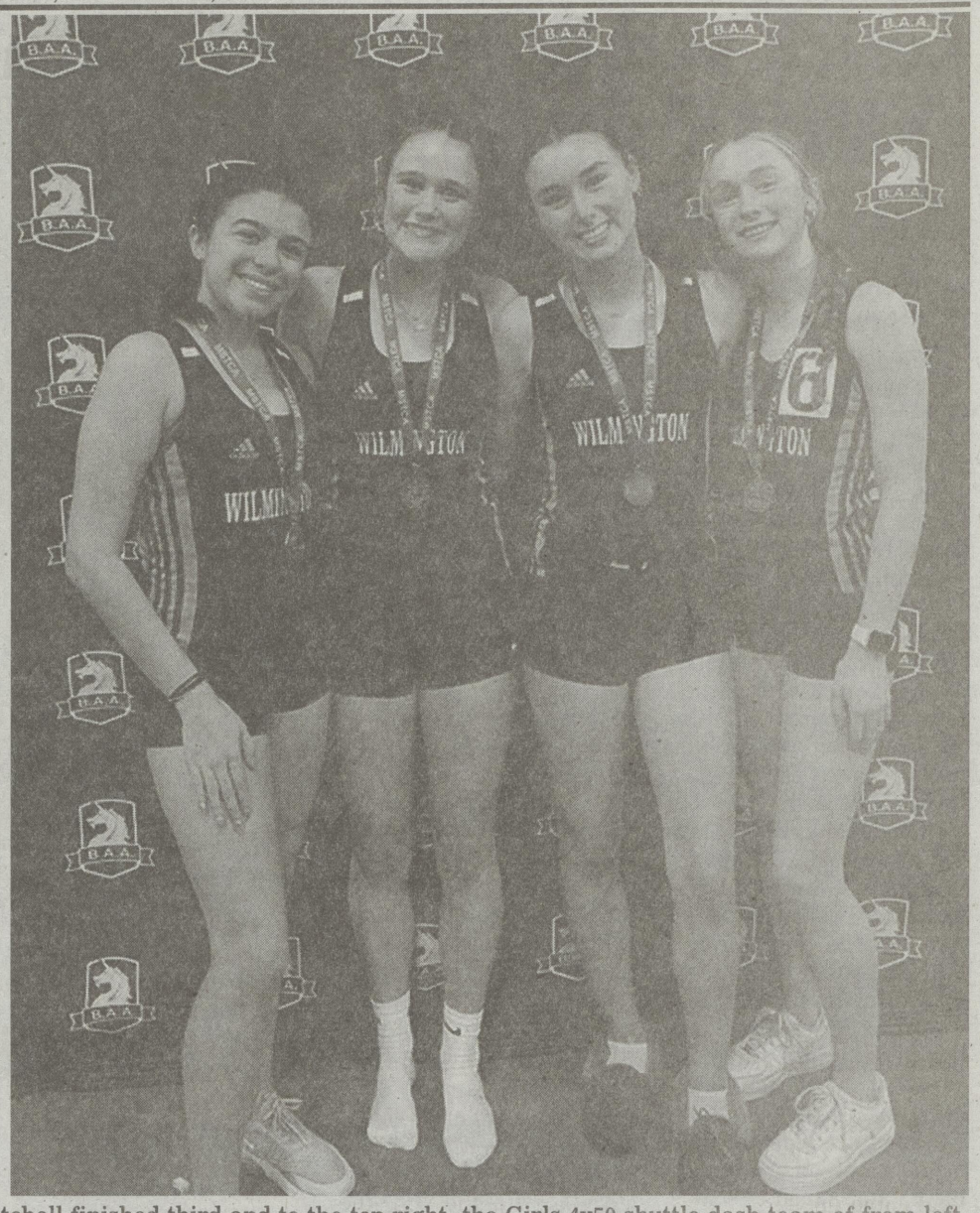
"They had some really good size and some good kids down low," said Amico. "They were deep, too. They played probably ten guys."

As the season winds down, Amico is still holding on to some specific goals he wants the team to reach.

"Obviously we'd like to get a couple wins," said Amico. "But I'd really just like the effort to continue. If we start giving up and not caring, then it's going to be a tough last couple weeks here."

The Wildcats face off with Burlington and Wakefield in this week of action.





On the left, the high jump trio of from left, Hunter Sands, Sean Patrone and Owen Mitchell finished third and to the top right, the Girls 4x50 shuttle dash team of from left, Emily Grace, Molly MacDonald, Emily Doherty and Ali Doherty finished fifth overall during Friday night's Division 4 State Relay Meet held at the Reggie Lewis Center. (courtesy photos).

Several groups unite to place at the D4 State Relay Track Meet

By JAMIE POTE
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ROXBURY - On Friday night, the Wilmington High School boys indoor track-and-field team competed in the 54th annual Massachusetts State Track Coaches Association's Division 4 State Relay Meet. The 'Cats were able to score a few points, placing in the top eight in four events.

The day was highlighted by the field events, in particular the high jump trio of Hunter Sands (5-3), Owen Mitchell (5-0) and Sean Patrone (5-8) combined to clear 16-1 to finish third overall.

"The high jump team came in third and that was awesome. Sean Patrone is really coming along. He's got his dad coaching him so that's great. He cleared 5-8 and he's done that a few times this season," said Kinney.

Also the long jump team of Jon Magliozzi, Aidan Burke and Cooper Loisel finished seventh with a combined jump of 52-6.30.

"Jon Magliozzi had a really good day. He had a personal record in the long jump with 19-6.25. He did real well," said head coach Mike Kinney.

Finally, the shot put team of Lucas Gorham, Braden Huddleston and Liam Lydon were 10th at 103-9.

Turning to the running events, the 4x50 shuttle hurdle team finished seventh with a combined time of 30.64 seconds. That group consisted of Cooper Loisel, Hunter Sands, Sean Patrone and Owen Mitchell.

"The hurdle team just missed placing sixth. They ran really well and executed really well. They were only like three tenths of a second off of getting sixth place," said Kinney.

The 4x50 shuttle dash team of Jon Magliozzi, Tyler Nguyen, Matt Steinmetz and Noah Carriere finished 9th at 23.52.

The distance medley team and the 4x800 relay teams continue to show a lot of promise. The DMR team of Gavin Dong (1,200), Owen Mitchell (400), Roman Moretti (800) and Dean Ciampa (1,600) finished seventh with a combined time of 12:13.24. The 4x800 relay team of Moretti, Thomas Burns, Ciampa and Carriere finished 13th at 9:03.86.

"The distance kids are all really young and they are training really hard. They're going to be good in the future. Gavin (Dong), Dean (Ciampa) and that crew are all really hard workers and who train really hard," said Kinney.

A handful of other groups were put together in the running events. The Sprint Medley 'A' team of Nguyen, Loisel, Dylan Grace and Nick Atwater finished 15th at 4:18.92 and then the 'B' Team of Jon Foresyth, Ethan Schoenholtz, Mike Dynan and Brayden Gorski were 17th at 4:19.51.

There were two 4x200 teams that competed. The 'A' team of Magliozzi, Sands, Aiden Burke and Steinmetz were 24th at 1:44.26 and that was because of contact between one of the Wilmington runners and an opposing runner, otherwise the time would have been significantly better. The 'B' team of Patrone, Cam Jenks, Luke Cardin and Anthony Cummings finished 31st at 1:48.12.

Finally in the 4x400 event, the 'A' team of Nguyen, Steinmetz, Burns and Carriere were 12th at 3:48.29 and then Cardin, Jake Cronin, Christian Niceforo and Vihbush Sivakumar finished 26th at 4:19.38.

Wilmington returns to action with a ML Dual Meet against Division 3 state relay champions Burlington, on Thursday, which will conclude the league dual meet season.

"We probably don't have much of a chance against Burlington, as they're just really strong. We have a young team and we're looking for progress and working towards the future for the spring, for next year and the year after. We have the (post-season) meets coming up and we'll try to do our best and we want to have personal records and stuff like that," said Kinney.

GIRLS TRACK

A year ago, the Wilmington High School girls' indoor track-and-field team finished second at the Division 4 State Relay Meet. On Friday night, they competed in the same meet and this time finished eighth as three teams placed in the top eight, to compile all of the team's points. While the team finish may have been not as good as they had hoped, the two teams that did place, certainly made up for it.

The high jump trio of Mollie Osgood (5-3), Kayla Flynn (4-10) and Alexis Melvin (4-2) combined to clear 14-3, which includes Osgood finishing first overall as an individual competitor, while her jump to clear 5-3, tied the 2008 school record set by Stephanie Baima.

The second team that placed was the 4x50 shuttle dash. The group of Alison Doherty, Emily Grace, Emily Doherty and Molly MacDonald placed fifth in a time of 25.92 seconds, which is the third fastest time in school history.

The shuttle dash 'B' team of Gabby Fitzgibbons, Alison Boutoures, Maddie Krueger and Samantha Glaser were 24th at 30.45 seconds.

The third team to place was the sprint medley group of Alison Doherty (200, 28.7 split), Molly MacDonald (200, 28.2 split), Emily Grace (400, 69.9 split) and Addy Hunt (800, 2:31 split), who came in eighth with a combined time of 4:38.09. The 'B' team of Cate MacDonald, Emily Doherty, Alexis Melvin and Mallory Brown finished 13th at 4:53.36.

The 4x200 team of Flynn, Osgood, Melvin and Cathe MacDonald were 15th at 1:57.08. Finally in the running events, the distance medley team of Brown, Hunt, Bella Zaya and Mia Stryhalaleck were 10th at a time of 14:47.7.

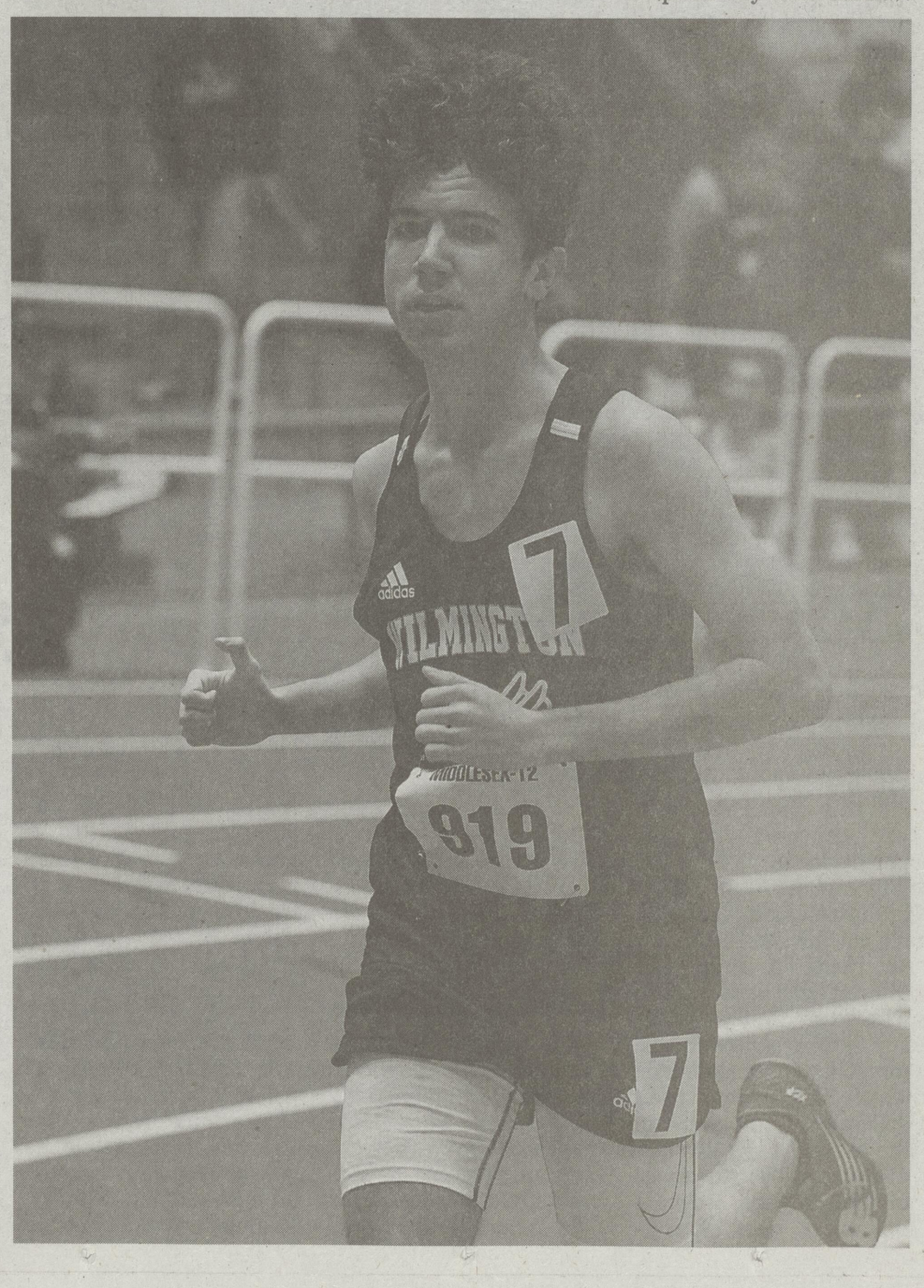
In the other field event, the shot put event, Wilmington was 11th with a mark of 73-07.5 and that was with Christina Chesbrough, Ava Kennedy and Maddie Krueger.

Also, last Saturday at the Suffolk University Ice Breaker Invitational at New Balance, Charlotte Kiley, an 8th grader at Wilmington Middle School who runs on our cross country team qualified for the Middle School Division of the New Balance Nationals in the mile with a time of 5:51.48.

"We now have three girls that will be competing at the New Balance Nationals, Charlotte along with Mollie Osgood and Kayla Flynn in the high jump," said Patrone.



Above Kayla Flynn competes in the hurdles and below Brayden Gorski competes in a distance event for the WHS Track teams during an earlier season dual meet held at the New Balance Track in Boston. (photos by Eric Canha).



Stars on Ice show to be held on June 3rd

Stars on Ice shows have always been THE best place to see the most current and impressive figure skaters in the world. Olympic Champion Nathan Chen is currently both the best and most impressive male figure skater on the planet. For those that may have missed his domination at the 2022 Winter Olympics, the 2023 Stars on Ice tour will deliver a rare opportunity to experience Nathan's prominence live on the ice. Plus, for the first time since 2012, Canadian figure skating icon Kurt Browning will bring his fancy footwork and ever-popular antics to the U.S. tour. America's premier figure skating tour will visit Boston, MA on Saturday, June 3rd for a 7:30 PM performance at Agganis Arena.

The 2023 Stars on Ice tour will boast an international cast of Olympic, World and National Champion skaters including: 2022 Olympic Gold and Silver Medalist, three-time World Champion, and six-time U.S. Champion Nathan Chen; four-time World Champion and four-time Canadian Champion Kurt Browning; 2022 Olympic Silver Medalists, 2022 World Champions and U.S. Champions Alexa Knierim & Brandon Frazier; 2022 Olympic Silver Medalists, three-time World Medalists and three-time U.S. Champions Madison Chock & Evan Bates; two-time Canadian Dance Champions and World Bronze medalists Piper Gilles & Paul Poirier; Olympic Bronze Medalist and U.S. Champion Jason Brown; two-time World Medalist and four-time Japanese Champion Satoko Miyahara; 2022 World Junior Champion Ilia Malinin; 2022 World Junior Champion Isabeau Levito and more. Please visit www.starsonice.com for future cast and guest skater announcements.

Tickets for the 2023 Stars on Ice tour go on sale Friday, January 20 at 10 AM. Tickets start at $30 and will be available at www.starsonice.com and www.ticketmaster.com. Limited on-ice seating is available. Group discounts may be available for parties of 10 or more. Please visit www.starsonice.com for tour information and show announcements.

Wrestlers pick up first dual meet win, continue to progress

By JASON COOKE
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The Wilmington High School wrestling team has truly come a long way. A team of inexperienced, first-year wrestlers entered the season under the helm of head coach Kevin Riley simply working to learn the techniques of the sport.

Flash forward to now, the team just picked up their first win against Franklin in a quad meet this past Saturday in a match that relied on contribution from the whole lineup.

The 42-36 win marks the first for Riley, but he is proud to see hard work pay dividends for a few of his wrestlers including Clyde Lambert and Ryan Watson.

"It's the Clyde Lamberts and the Ryan Watsons, the ones that come out for their first year, they come to practice every day and work hard and do the right thing," said Riley. "It's hard to see them go out there and give it everything they've got and come up short."

On Saturday, both Lambert and Watson didn't come up short. Lambert (182-pound weight class) took down Collin Eddy by pin at 1:55, and Watson (195-pound weight class) defeated Atlithonatiu Gonzalez jayne by pin at 0:39.

"For them to win that match, I told them that was theirs," said Riley. "That win was for the rookies. Because that's really what we are, we're an inexperienced team and things are starting to click a little bit here for these inexperienced guys."

Wilmington also crowned five other winners in the victory, including Braedon Almas (132-pound weight class) over Dylan Gilbert by pin at 1:03, Dempsey Murphy (220-pound weight class) over Jacqueline Churchill by pin at 0:07, Julien Cella (145-pound weight class) over Jackson Morey by pin at 0:37, Mason Kwiatkowski (120-pound weight class) by forfeit, and Nick Iascone (152-pound weight class) over David Korpiewski by pin at 0:20.

Along with the win, the Wildcats dropped their two other matches in the quad meet on Saturday to Bishop Fenwick (52-24) and Saugus/Peabody (57-17).

Despite the losses, Riley had high praise for Almas and the week he had.

"He went two for one on the weekend and three for one for the last four matches," said Riley. "The one loss he had was that close 9-7 decision from the kid from Saugus. He's been wrestling really good."

In the loss to Saugus/Peabody, Wilmington saw winners in Kwiatkowski (120-pound weight class) over Anna Felicio by pin at 0:47, Cella (145-pound weight class) by a 15-1 tech fault, and Murphy (220-pound weight class) by pin at 1:10.

"Dempsey ended up coming back in fashion over the weekend," said Riley. "He went 3-0 all by first period pins and he looked great so it was real nice to have him back."

Against Bishop Fenwick, Wilmington had four individual wins in Kwiatkowski (120-pound weight class) by pin at 0:45, Almas (132-pound weight class) by pin at 0:45, Lambert (182-pound weight class) by forfeit, and Murphy (220-pound weight class) by pin at 0:26.

Before the weekend, Wilmington traveled to Arlington for a duel meet, losing by a score of 36-14.

Without Murphy in the lineup, Wilmington was challenged by a tough Arlington squad who eventually got the best of the Wildcats.

Wilmington picked up three total wins in the contest, including one each from Cella and Iascone.

"We can always count on Julien Cella and Nick Iascone," said Riley. "They always do a great job. They did a real nice job for us against Arlington."

Cella (145-pound weight class) beat Dan Carreira by tech fault and Iascone (152-pound weight class) pinned Markus Paus.

The third and final win was Almas (132-pound weight class), defeating Alexander Alvarez in a 10-4 decision.

When Riley reflects on the week, one takeaway stands out to him the most in regards to his younger, inexperienced wrestlers.

"Their tenacity is picking up," said Riley. "Their confidence is picking up. You're seeing all these little intangibles and it's an absolute honor and pleasure for me to sit here courtside, and I get to watch these guys just progress."

Riley credits the leadership of his two captains Cella and Iascone to the development of his team.

"Julien and Nick, they took care of business and they came off the mat and they were right there matside cheering on Mason Kwiatkowski the first year freshman," said Riley. "High fiving him, hugging him and so happy. They're real good captains, they're real good people and I'm very happy for them."

As the postseason approaches, Riley has high hopes for his pair of captains.

"I'm just glad they have each other so close in weight to push each other. We're getting close now to the postseason and they know that the best way that you guys can show each other love is to kick the crap out of each other," said Riley with a laugh. "I'm looking forward to the postseason for these guys."

Regardless of the outcome, Riley has been honored to be a part of the family that has come together throughout the season.

"It's just a great group of kids," said Riley. "They enjoy each other's company and they're like brothers and sisters. It's an absolute pleasure as a coach to be a part of that. To see these people truly rely on each other and lean on each other."

"Coaching wrestling is a lot like riding a roller-coaster. You're up one day and you're down one day. When you're up, it's so awesome. When you're down, you just buckle in and get ready for the next day and try to fix what you think needs to get fixed and you move on. And that's what these guys and girls do day and day out."

This weekend the Wildcats return to action with a home quad meet on Saturday morning starting at 10:00 am.

Both swim teams come away with wins over Ipswich

By JAMIE POTE
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READING - Sunday afternoon was all about celebrating.

The Wilmington/North Reading co-op girls and boys swim teams honored its 11 seniors, and then both teams came away with Cape Ann League victories over Ipswich. The girls barely edged out the Tigers by the slimmest of margins at 78-77 to improve to 3-2 on the season and the boys easily won at 69-24 to improve to 2-3.

"Everyone has come a long way since the beginning of the season," said head coach Sue Hunter.

Starting with the girls results, the W-NR team came away with six first places. From the individual events, winners included Priscilla Vo in the 200-IM (3:00.74), Maddie Koenig in the 50-free (27:49) and 100-backstroke (1:07.20) and Lindsey Kane in the 100-free (1:04.50).

In the relay races, the team also won both the 200-medley and the 200-freestyle. The medley team consisted of Koenig, Vo, Ella Dong and Lindsey Kane and they came in at 2:12.64 and then the freestyle team was Lauren Feffer, Cassie Tibbetts, Elise Higgins and Vo and their time was 2:05.83.

Taking second places included Dong in the 100-butterfly at 1:20.80, Rachel Reppucci in the 500-free at 7:51.29, Feffer in the 100-free (1:05.57) and 200-free (2:25.15), Lindsey Kane in the 100-backstroke (1:18.64) and Gillian Kane in the 50-free (29.92).

"That was a very special time and moment for Gillian to break 30 seconds in the 50-free," said Hunter.

Finally for second places, the 200-free relay team of Shae Fitzgerald, Katherine Murphy, Manal Mouddani and Gillian Kane with a combined time of 2:18.79.

Finishing with third places included Emily Cronin in the 200-IM (3:21.75), Tibbetts in the 100-butterfly (1:33.86), Julia Kane in both the 50-free (33.24) and 500-free (8:39.01), Gillian Kane in the 100-free (1:08.45) and then the 200-medley relay team of Fitzgerald, Higgins, Tibbetts and Julia Kane with their combined time of 2:30.65.

Rounding out the scoring included Katherine Murphy and Rachel Reppucci taking fourth and fifth in the 200-free at 2:51.52 and 2:51.76 and Fitzgerald with a fourth place finish in the 100-backstroke at 1:25.98.

Turning to the boys team, taking individual first places included Ivan Deiko in the 200-free (2:14.85), Ethan Ryan in both the 200-IM (2:33.08) and 100-breaststroke (1:06.34), Jonathan Mangano in the 50-free (7.90), Dat Tran in the 100-butterfly (1:10.84), Spencer Bagtaz in the 100-free (1:04.05) and Aryan Patil in the 500-free (8:34.29).

Also winning was the 200-medley relay team of Bagtaz, Ryan, Dat Tran and Mangano with a time of 1:52.80. In the same event, the team of Moiad Said, Vijay Cudia, Patil and Kelby Chau finished second at 2:37.86.

Other second places were earned by Declan Savage in the 200-free (2:33.15), Dylan Tran in the 50-free (28.31) and 100-free (1:10.26), Monty Benevicious in the 100-butterfly (1:42.62) and Dat Tran in the 100-breaststroke (1:19.09).

Finishing with thirds include Benevicious in the 200-free (2:44.96), Tyler Sheehan in the 50-free (28.41), Mangano in the 100-free (1:34.35) ad Deiko in the 100-breaststroke (1:24.30).

"Senior Aryan Patil went the distance and won the boys 500 freestyle (so that was great to see). Ethan Ryan qualified for sectionals and states in the 100 breaststroke. He has had a phenomenal career," said Hunter.

It was also Senior Night so the team's 11 seniors: Elise Higgins, Shae Fitzgerald, Julia Kane, Lindsey Kane, Maddie Koenig, Jonathan Mangano, Aryan Patil, Ethan Ryan, Moiad Said, Tyler Sheehan and Dylan Tran were honored.

"It was a short ceremony and the eleven seniors received a blanket with a picture of the group, flowers, and a cap signed by the team," said Hunter.

Both teams are back in action on Sunday with a meet against Manchester-Essex to be held at the Beverly Y starting at 4:50 pm.



Wilmington residents Vijay Cudia (above) and Emily Cronin participated in Sunday's Wilmington/North Reading Boys and Girls Swim Meet against Ipswich held at the Reading YMCA. (courtesy photos/Eric Evans).



Bantam 1 Youth Hockey team competes in MLK Classic

The Wilmington Wildcats Bantam 1's competed in the 2023 MLK Classic held January 14-15 at the Cyclones Arena in Hudson, New Hampshire.

The Wildcats played three games over the two days starting with an early morning game versus the Plymouth, NH Junior Panthers. Dylan Mainini led the way for the Wildcats in nets keeping the game scoreless late into the second period.

The Junior Panthers got on the board late in the second period making it 1-0 going into the final period. The scored remained a one goal game throughout much of the final period with strong defensive play by Colin Doherty and Jake Arsenault.

Plymouth scored two quick goals to go up 3-0 with less than five minutes left but the Wildcats answered when Kyle Spencer pounced on a loose puck of a shot by Henry Almeda, to cut the deficit to two with four minutes left. Wilmington surged late with strong scoring chances by Jon Cavanaugh and Devin MacDonald with the goalie pulled but it wasn't quite enough to overcome the Junior Panthers. Final score Plymouth 3, Wilmington 1

In game two of the tournament on Saturday evening the Wildcats matched up against the host team Northern Cyclones. Saturday evening's game was a tight defensive battle with the play physical throughout the game. Dylan Mainini was back in goal for the Wildcats and once again set the tone with several big saves early to keep Wilmington in the game and faced over 40 shots in the game while only letting in two.

The game remained scoreless into the second period until the Cyclones finally got one past Mainini to go up 1-0. The game remained close with strong defensive play by Jake, Arsenault, Mickey Moroney, and Colin Doherty. The offense was led by Ryan Archer who made several plays in the offensive zone giving the Wildcats several scoring opportunities. The score remained 1-0 late into the third period but the Cyclones managed to score under three minutes to go up 2-0. A couple of late scoring chances for Wilmington were not enough. Final score Cyclones 2, Wilmington 0.

The final game for the Wildcats was Sunday against Andover Warriors. The Wildcats played another close game with Dylan Mainini again in net. Defensive play was led by Jonathan Stokes where the offense was paced by Ryan Archer and Jon Cavanaugh scoring the lone goal of the game for Wilmington. Colin O 'Hearn played a strong game on offense with several scoring opportunities but Andover's goaltender was up to the task. Final score Andover 4, Wilmington 1.

On January 22nd, Wilmington faced off against the Reading Rockets at Breakaway Ice Center in Valley League play. Dylan Mainini got the start in net and saved all shots he faced through six minutes of the second period as the game was scoreless. Cam Thompson came on in relief and was also up to the task saving all ten shots he faced. Nate Anderson, Colin Doherty, Jonathan Stokes and Jake Arsenault let the defense as once again the Wildcats played another low scoring defensive minded game.

The game remained scoreless into the third period but there were a number of chances with Henry Almeda setting up Collin O'Hearn late in the game. Nate Murphy had a number of rushes with Devin MacDonald and Jon Cavanaugh but Reading's goaltender was up to the task. Mickey Moroney and fed Kyle Spencer on a 2-1 break but again Reading's goalie made the save to keep the game scoreless.

The game remained scoreless until just under two minutes when Ryan Archer scored off a rebound of a shot by Colin Doherty to put the Wildcats up 1-0. Wilmington was able to play strong defense the last minute plus as Reading pulled their goalie for the extra skater. Final Score Wilmington 1, Reading 0.

Wilmington College Notebook

Shinohara putting up impressive scores for UNC Gymnastics team

By JASON COOKE
Sports Correspondent

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For Wilmington athletes returning for the second half of their NCAA seasons following winter break, the final portion of the season is already underway.

What happens in the next month will make or break every respective season, and many Wilmington natives are in on that push.

At UNC, the Tar Heels opened their gymnastics season against Southern Utah on January 6th.

The team placed third, and junior **Cory Shinohara** earned a score of 9.600 on the floor. Her performance marked the first time in Shinohara's collegiate career she has competed on the floor.

On January 9th, UNC welcomed NC State to Chapel Hill for the home opener, coming out on top by a score of 196.225-195.525.

Shinohara competed on the vault with a score of 9.800.

UNC then went on to compete in the Carolina Tri-meet, knocking off UW Stout and Yale with a season high team score of 196.250 in both matches to improve to 4-2 on the season.

Shinohara was back on the vault, posting a score of 9.775.

The Tar Heels are back in action this Saturday against George Washington.



Wilmington resident Cory Shinohara continues to shine for the UNC Women's Gymnastics team, including earning scores of 9.8 on the vault and a 9.6 on the floor in the team's win over Southern Utah. (courtesy photo/UNC).

MEN'S HOCKEY

On the ice, freshman **Garrett Alberti** has had a strong start to the second half, including a three point game in an 8-2 win over Franklin Pierce on January 13th. His goal and two assists add to his total of nine points thus far into his rookie campaign for the Hawks.

In last Friday's 4-3 loss to Assumption, he collected another assist in the effort. The Hawks look to build on their 13-8-1 record with less than a month remaining in the regular season with two games against Post this weekend.

At Salem State, freshman **Ryan Barrett** picked up his first collegiate point when he assisted on a goal in the Vikings' 6-2 loss to Worcester State on Saturday.

The Vikings are currently 3-14 on the season and seek to snap a five game losing streak on Thursday against Plymouth State.

Matt Irwin, a junior at Framingham State, notched his first point of the season from an assist in their 6-2 loss to Saint Anselm on January 17th.

The Rams are 4-12-1 with games this week against New England College and Salem State.

TRACK-AND-FIELD

At UMass Lowell, graduate student **Joseph Gaudreau** competed in the Ice Breaker Invitational at Suffolk on January 14th.



JOE GAUDREAU

Gaudreau came in first place in the 200-meter dash with a time of 22.10.

The graduate student returned to the track for the Battle of Beantown in Boston on Saturday, this time with a second place finish in the 300-meter run with a time of 34.01.

The River Hawks return to action this weekend for the Boston University John Thomas Terrier Classic as well as the River Hawk Invitational.

At Assumption, freshman **Colby Medeiros** raced in the Brandeis Invitational on January 14th, taking first place in the 800-meter with a time of 2:03.50.

He was also part of the fourth place relay team with a time of 3:41.12.

On Sunday, Medeiros took eighth place in the Sutherland Invite in the 400-meter with a time of 54.64.

Assumption will also be competing at the River Hawk Invitational and Boston University Terrier Classic this weekend.

Turning to the women, at Bryant, **Emma Garrity** participated in the UMass Invitational on January 16th. She was a part of the relay team, placing fifth with a time of 3:56.59.

She also finished in fifth in the 800-meter with a time of 2:20.06, the third best time this season in the conference.

The Bulldogs return to the track this weekend in Boston for the Terrier Classic.

At Springfield, junior **Hannah LaVita** notched a 1.46 high jump in the Tufts Invitational on January 14th.

Also at the Tufts Invitational, **Madison Mulas** took 17th place in the 60-meter dash with a time of 8.77. She also ran in the 200-meter, coming in 21st place with a time of 30.27.

Springfield returns to the track this weekend in the John Thomas Terrier Classic at Boston University.

At Holy Cross, freshman **Celia Kulis** raced in the UMass Invitational on January 15th, where she competed in the high jump, taking 16th place with a score of 11.50. Kulis also finished in 6th place in the 200-meter with a time of 27.60.

Kulis was also a part of the 400-meter relay group, taking 19th place.

The Crusaders return to the track this Friday for the River Hawk Invitational in Boston.

At Merrimack, two freshmen in **Angelina Zaykovskaya** and Olivia Erler competed in the Brandeis Invitational on January 14th.

Zaykovskaya competed in two events, coming in 7th in the 400-meter with a time of 1:05.93 and 13th in the 200-meter with a time of 29.73.

Olivia Erler ran in the 3K, coming in 20th place with a time of 13:50.51.

Merrimack returns to the track this Friday at the River Hawk Invitational in Boston.

WOMEN'S BASKETBALL

At Bentley, Sophomore **Kylie DuCharme** dropped a season high ten points in a 76-48 win over Assumption on January 11th. She also collected eight rebounds in the effort.

She also had five points and four rebounds in last week's 51-49 loss to New Haven.

The Falcons are 12-6 on the season with games against Saint Anselm and Southern Connecticut this week.

At Framingham State, sophomore **Jenna Tavanese** notched a season high 15 points in a dominant 85-32 win over Fitchburg on January 11th. Tavanese was five for nine from the field and shot the three at a 50 percent clip.

The Rams are enjoying an 11-4 season, winning three of five after break as they await Worcester State and Bridgewater State this week.

At Fitchburg State, junior **Olivia Almeida** had six points in a 91-58 loss to Bridgewater State on Saturday.

On January 4th, the junior filled the stat sheet in a 89-70 loss to Eastern Nazarene. She had four points, three assists, five rebounds, and a block in the effort.

In eleven games played, Almeida is averaging 6.9 points per game and 2.9 rebounds.

The Falcons are 3-14 on the season and hope to snap a four game losing streak against Westfield State and Elms this week.

Sitting down with (Interim) Athletic Director Dennis Ingram

FROM C1W

with baseball.

"There's been adjustments we've have to make. We have had more coaches step down this year (then ever before). That's all stuff that takes up time out of the day that you really didn't anticipate happening," said Ingram. "Some of them have been surprises and some of them are not, but that's just the nature of the beast. People can't coach forever and their lives takes on (other matters).

"We've had eight coaches resign and we have replaced all but girls tennis, golf and girls soccer and we're in the process of either interviews or posting those positions now. That's a lot of coaches so it's been a little crazy but also fun. Some of the coaches that we have lost, I have known them for a long time and it's going to be different without them. Sometimes it's out of their control and they want to continue but their personal lives and the commitments that they have, it just takes over.

"I don't know if people really realize this but most coaches it's their second and sometimes third jobs and they are balancing their professional life, their family and their coaching job and sometimes that's a lot."



Among the eight head coaching changes that Dennis Ingram had to make already since July 1st, included naming Chris Frissore as the new girls' basketball coach. In an earlier game, Frissore chats with Kassidy Smith on the sidelines. (photo by Bob DeChiara).

FALL ADJUSTMENTS

After getting through the first two months on the job, Ingram was dealt a crazy hand when the project or resurfacing the Frank Kelley Track was yet completed. The project took a lot longer than originally thought and Ingram and his administrative assistant Amico, has to juggle a lot of things around in terms of scheduling.

"That was nothing more than a huge headache. The way things go when you're dealing with a project that size. You get a timeline and it's a loose timeline and they go by it and they go by it again," he said. "Luckily our fall coaches were real easy to deal with, moving things around. I think we lost one home football game, two field hockey and I think one soccer game. When school gets out that turf field is being used until 8 o'clock every night, so now you're displaced and you're using other places. The (Wilmington) Recreation Department helped us out being flexible using Yentile Fields, and our coaches were really, really flexible. We got through it. It wasn't ideal by any means, but the finished product looks really nice."

While the track project, the changes of coaches, as well as being a board member of the WHS Hall of Fame which had its induction night back in October, Ingram still found some time to try to move forward with a few new ideas.

"We started this 'Captains Academy' group with all of our captains from all of our teams. We meet once a month and there's some course work that we go over – more situational stuff and it's really good. Ryan (Gendron) has been involved with it as well," said Ingram. "We said to these kids that 'you're the leaders of this building, so what kind of experience do you want to have while you're in high school? Look at the trends that we're going through in terms of enrollment, so do you want to be the foundation piece of changing things here'?

"The next step that we're going to be doing is bringing these captains to the middle school, the North and the West Schools and have them interact with the kids, sit at lunch and talk to them. Then maybe we get to some of the younger schools after that, have them come to a game with their game jersey on (from their own youth sports team) and kind of build it up like that."

McManus was named the new baseball coach over a month ago and already he has done quite a bit of work to improve the baseball program, as well as the entire student-athlete body. He has been working with Ingram on an off-season program for all student-athletes.

"It's in the initial stages right now but it's something that we really need and we're going to try to do something along the lines of a bootcamp so to speak for our high school athletes. It'll be four days a week for six weeks before (the fall season begins). The student-athletes will come in, we'll have some bench marks for testing and then the last few days we'll do some benchmarks so we can show what they have improved on and maybe some things that they need to work on. We can work on conditioning, core strength, agility and all of the things that pertain to all of the athletes so it's not just focused on these six kids and those six kids. Matt is really excited about it. He has the connections with people who can help us out, so if that can happen, I think that will really be a great thing for all of our student-athletes."

Ingram said that the baseball program will be getting new uniforms either this year or next year, while the wrestling and softball programs have been issued new ones. Ingram added that he is trying to move forward with adding new team banners up in the gymnasium depending on the budget, and has some other ideas for down the road as well.

STAYING OR GOING

Besides all of the ideas and new team uniforms, one subject that keeps coming up is league affiliation. Ingram was asked about the rumors of WHS trying to leave the Middlesex League.

"It's always important to evaluate where you are. Our community has aged a bit from when we entered the Middlesex League," he said. "I talked to Ryan and Superintendent (Glenn) Brand about that. It's always good to evaluate if we're in the right league or not. Enrollment has gone down, the playoff system has changed, the football playoff system has changed, so it's just important to always evaluate your entire department. You need to sit back and figure out if this is the right league for us."

Until that decision finally comes, and until the decision comes to officially name Ingram as the Athletic Director which to this point, he fully deserves, he said that his mission is to continue to try to restore the Wilmington Blue and White Pride and it's blue-collar reputation, which seems to have been lost for a couple of years.

"I go to lunch every day, I walk the halls, I go and talk to the teachers and coaches, and I try to see kids in the hall, from teachers who are in the building, custodians and administrators who are here, they all say this year is completely different. There's a lot that plays into that so I'm not trying to sound like it's all on the Athletic Department because it's certainly not, but I do think things have improved," said Ingram. "One of the things from that Captains Academy is I was a three-sport coach and I worked the summer camps and I knew a lot of the kids but I didn't know everyone. Now I know all of the kids and I can walk down the hall and say 'Hey, how did practice go yesterday?' That has helped me out a lot.

"Getting back to where (WHS Athletics) used to be is not going to happen overnight. It's not like we can just flip a switch. I do think foundational things are happening and we will have a chance to get back to that. We are on the right track, so we'll see. I know next year's projected enrollment is supposed to be low, but after that, I would tend to think that we'll be building things right back up."

Oberg has always felt right at home with his support system

Two weeks ago, former TMHS star pitcher and Hall of Famer Scott Oberg announced his retirement from Major League Baseball. Last week, the Town Crier ran the first of a three-part series of his retirement, with his future plans and becoming an employee of the Colorado Rockies Front Office. Here is Part 2 to the series, where he talks about all of the support he received throughout his 10 total years as a pro.

By JAMIE POTE
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Throughout his life – and particularly as a star pitcher throughout high school, college and professionally -- not once has Scott Oberg forgotten his roots, forgotten where it all started or been nothing but a consummate professional, extremely humbled by nature.

"Looking back (on my career) I understand how fortunate I really am so that's necessarily lost on me," he said. "I'm grateful for that and the opportunities that I had. Knowing that I'm never going to throw another ball again, being OK with the fact that I gave it everything that I had from a mental standpoint, from a physical standpoint, I basically rode the train until my body broke. In the sense that I did the thing that I needed to do, I didn't burn any bridges and looking back on it now, I think (I did things that) my younger self would be proud of."

As he has stated numerous times over his 10-year professional career, his humility, his perspective on life and the many challenges he had to face, and his drive to succeed, all started with his parents Royd and Theresa.

"(The support) has come from everybody, but it starts with my parents without a doubt. They laid the foundation for me and for my brother (Jeff) without a doubt," said Oberg. "They were always making sure that we were doing the right things, that we were working hard, making sure that we were open minded enough to take in as much information as you possibly can and make the most of your ability.

"Looking back on it now, one of the things that I really appreciated was my Dad would always tell me that 'no matter how good you think you are and no matter how hard you think you are working, there's somebody out there who is better than you and there's somebody out there who is working harder than you'. That little thought process not getting so encompassed with my own ego and trying to instill that humility and attitude, I think that paid huge dividends down the road that neither of us really expected or anticipated at the time. Those core values to lay a foundation (were so important to me) and I just can't thank my parents enough."

From his early days of growing up in Texas, before moving to Tewksbury, Oberg always had that love for the game of baseball. He played on the various Tewksbury Youth in-town and all-star teams, including one time facing current San Francisco Giant Mike Yastrzemski in a summer all-star game. A few years later, Oberg got into high school and had a stellar career pitching for then coach Ron Drouin. The two have remained very close since those days.

From tee-ball to high school with Coach Drouin, Oberg hasn't forgotten everyone who helped him be a better baseball player, but more importantly a better person.

"Basically every coach that I've had (I need to thank). Starting from the Tewksbury system from Frank Ferriero at nine years old to Ron Drouin, to my college coaches with Jim Penders (at UConn) and getting recruited by them, and then all of my coaches throughout my minor league career, all of the members of the training staffs, the doctors and the people who were always in my corner, (I want and need to thank them all)," he said.

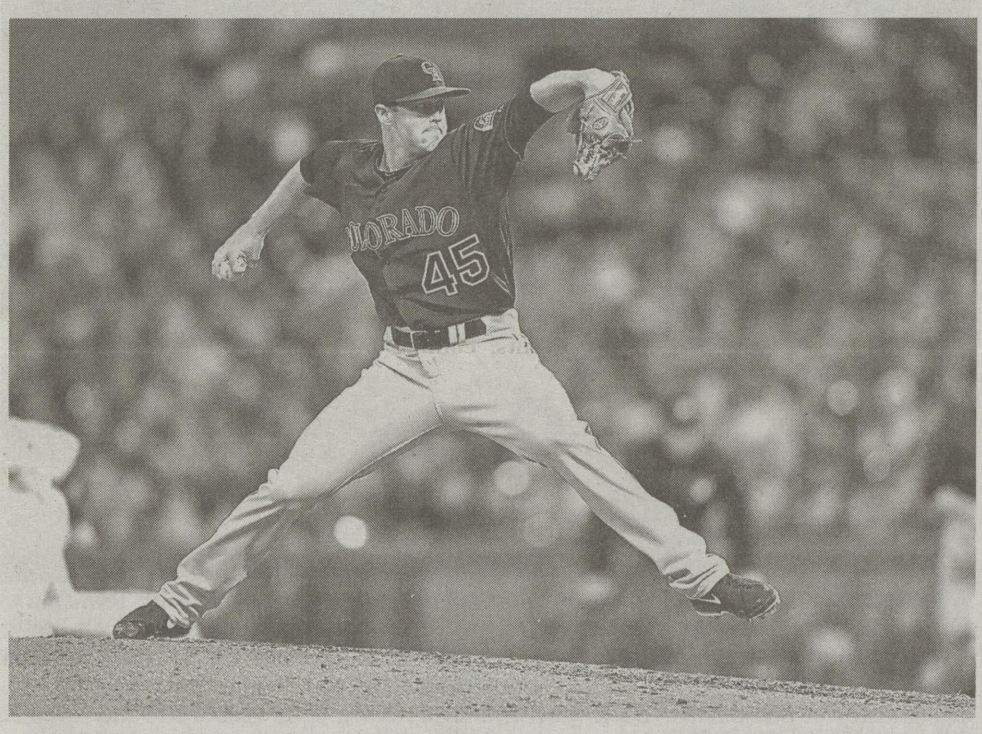
At TMHS, Oberg finished with a 14-3 record and a 1.11 ERA. He helped lead the team to two straight MVC Division 2 Championship titles, while he was named a two-time Boston Globe and Boston Herald All-Scholastic and a two-time Lowell Sun Player of the Year.

He went on to UConn, where he had a tremendous career breaking records for all-time appearances with 71 and all-time saves with 11. In 2012, he finished 5-0 with an 0.99 ERA and 9 saves, while being named to the All-Big East First Team.

Oberg, who turns 33 in March, was drafted in the 15th round of the 2012 MLB Draft by the Rockies. He became just the second person in Tewksbury to be drafted joining Chris Mader, who was chosen in the 53rd round by the Chicago White Sox back in 1991 out of Rollins College, which came after a great career at TMHS.

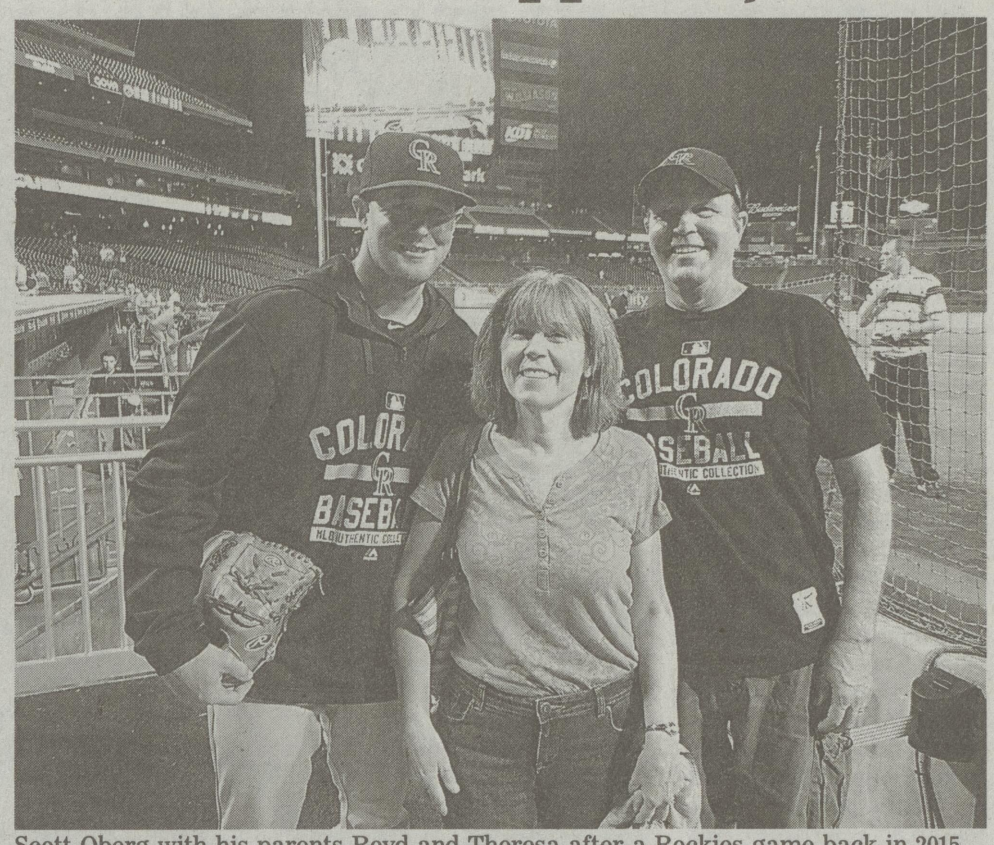
Oberg then played part of seven seasons at four different minor league affiliates, putting up strong numbers each time out and being named a league all-star twice. He made his Major League Debut in San Francisco in April of 2015 before closing out his career, collecting a save in a 3-0 win back on August 16th of 2019.

"I have to thank Jeff Bridich. He was the Farm Director when I was coming up and he was the (Rockies') General Manager was I was in the big leagues. He could have cut ties with me a lot earlier and he didn't," said Oberg. "I got a lot of opportunities. Just the organization in general (gave me a lot of opportunities).



"If I was in a different organization and a different situation, I don't know how many opportunities I would have gotten had I not been with the Rockies. I think about that a lot. If I was with the Dodgers or the Yankees or the Red Sox, I don't know if I get four chances at it (before remaining in the Major Leagues). Some organizations are willing to cut their losses even if there's still a lot of potential."

Throughout his five-year career that included appearing in 259 games, Oberg played for two managers, Walt Weiss, who is now the Bench Coach of the Atlanta Braves, and current manager Bud Black. Oberg said the two of them were so instrumental in his development, going from a mop-up relief pitcher to a dominant late-inning flamethrower/slider guy.



Scott Oberg with his parents Royd and Theresa after a Rockies game back in 2015.

"Walt Weiss was a younger, first-time manager and we were on some not so great teams and I had a lot of opportunities to learn, to fail and to succeed. Buddy Black was different. He's more of a traditional manager in the sense of if you are pitching well, you are going to get a lot of opportunities and he challenged me to better myself along the way. Even the times when I felt like I was going well, he would remind me saying things like 'hey you're almost there'. It would just be little things that he picked up along the way because he's very intuned to what's going on in games, situations, execution of pitches and things like that. He was someone who I really relished pitching for because Buddy had a pitching background and he challenged me in a very positive way. He turned me around and made me expect more out of myself.

"The two of them had different managing styles. I thought Walt did a fine job managing a bullpen in the National League which at the time wasn't the easiest thing in the world. It takes a little bit to get used too. You don't really see that anymore because of the designated hitter, but usually for the first-time managers there's a little bit of a learning curve so I thought he did a pretty good job. I was there his second year and I was able to get a lot of opportunities, even if I had failed and even if I hadn't done well."

While Oberg built strong relationships with his managers, he also did so with numerous teammates, whether it was former Rockies players such as pitcher Adam Ottavino, Wade Davis or catchers Tony Wolters, Nick Hundley, Ryan Hanigan or Chris Iannetta, all of those players (except Ottavino) as well as his managers and coaches told the Crier at different times, that Oberg was the ideal teammate.

"Having an appreciation for those relationships at a baseline level (is something I'll always remember). Having guys to talk to, and to talk baseball with (was big for me). You ended up growing as a baseball player and as a person, and at that time, there's so much more involved than just a game as you go through it," said Oberg. "You keep peeling layers of the onion back. I always appreciated having guys who were willing to have that conversation, willing to help pass along some of the knowledge and wisdom that they have. I was fortunate enough to play alongside of some guys that I had done it successfully at a very high level for a very long time. More so, just appreciating the friendships that were created over the years."

Oberg has remained good friends with a number of his former UConn teammates including Toronto Blue Jays outfielder George Springer and Red Sox reliever Matt Barnes. With the Rockies, Oberg said he became very close with Chad Bettis, who was on the team from 2013-2019. While Oberg battled his own adversity with the blood clots, Bettis was diagnosed with testicular cancer back in December of 2016, but was able to come back fully healthy in August of 2017.

"He had gone through his own bouts of adversity. He was one of the first guys who I became friendly within the organization of itself when I first got out to Arizona with my first instructional league (season)," said Oberg. "He was there (when I arrived). He was drafted a couple of years before me and we just hit it off immediately.

"Then we were there together through 2018 and 2019, all the way through and had a lot of hotel conversations after games with (experiences from) Triple-A, from the big leagues or what have you. He was one of those guys who I really kind of came along with. That friendship has always been meaningful to me."

The two friends both went through life-threatening events – Bettis with the cancer and Oberg with blood clots, which at different times were scarier than others, including Oberg landing in the ICU for a day as the trainer at one point couldn't find his pulse. Throughout those dark days of pain, hundreds of trips to hospitals and to see doctors, to have procedures done, or to go under the knife, all of the recovery time, and the millions of thoughts that run through his head, Oberg said he was able to stay the course, thanks to some big-time professional help.

"The most success that I ended up having was through the mental help skills coordinator, Danielle Martin. She played such a pivotal role over the last number of years. At the particular moment when she came into my life, it was profound and life-changing," he said.

Most and above all, he said that the biggest thank-you and support system that he had throughout this incredible journey, is his wife Diana.

"I always had her support and she always had my back along the way and she went through the ups and downs with me. It's not me that goes through it, it's her too. To me that can't be understated of how much support she had for me over the years between me doing so much traveling, us being apart for so long, raising our daughter, going through the ups and downs of a season, getting sent up and down (to the minors) and just everything, she wore a lot of the emotional trauma as well. It's something that I can't thank her enough for.

"To be there and support me especially at a time when I needed it the most, I can't thank her enough," he said.

Gymnastics team splits pair of meets

By JAMIE POTE
Sports Editor
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TEWKSBURY – The Tewksbury Memorial High School gymnastics team competed in a league tri-meet against North Andover and Lowell on Sunday, which was a make-up of the original scheduled event on Friday, which was cancelled with the snow.

Held at Wilkey's Gymnastics, the Redmen were edged out by North Andover 134.2-132.4 and beat Lowell 132.4-127.95, which brings the team's record to 3-3.

Once again senior Amanda Ogden was the meet's top all-around performer as she finished with a 36.6 out of 40 points, a truly tremendous score, especially with her dislocated thumb injury. She earned scores of 9.5 on the floor, 9.3 on the vault, a 9.2 on the balance beam and an 8.6 on the bars.

Freshman Kayla Sunders continued her fantastic season as she also competed in the all-around and finished with a 32.0 score – again pretty impressive stuff. She was pretty consistent across the board with an 8.35 on the vault, an 8.15 on the floor, an 8.0 on the beam and a 7.5 on the bars.

The next highest individual score on the day belonged to eight grader Lila Areias, who continues to shine. She received an 8.4 on the vault, and then added a 7.85 on the floor and a 6.8 on the bars. Also competing in three events each included Alexis Devlin with an 8.3 on the vault, an 8.25 on the floor and a 7.9 on the beam, while, Maddie Carroll finished with scores of 8.0 on the vault, 7.65 on the floor and a 6.85 on the bars.

Other competitors include Keira Gaffney with an 8.05 on the beam and a 5.35 on the bars, Jaden Kasule with an 8.2 on the bars, Abby McCarthy with a 7.7 on the beam and Julia Carlson with a 6.95 on the floor.

Tewksbury was scheduled to be back in action with a trip to A-2 Gymnastics in Salem, NH to take on Central Catholic on Thursday but according to the school's website that has been postponed, with no make-



Julia Carlson flies through the air as part of her floor routine during the TMHS Gymnastics Meet against Haverhill held two weeks ago. (photo by Eric Canha).

In battle of two superior teams, Redmen defeat the Rams

By DOUG HASTINGS & JASON COOKE
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Cheering their teammates on during Saturday morning's win over Shawsheen Tech, includes from left, Ryan Fleming, Seamus Macdonald, AJ Russo, Emeka Olu, Sean Callahan, Brooke Lightfoot, Miller Brooks, Kyle Sandberg, Sean Hirtle, Manny Mengata, James Cappiello and Jack Lightfoot. (photo by Doug Hastings).

TEWKSBURY -- The Tewksbury High wrestling team won an exciting match against Shawsheen Tech on Saturday during a quad meet in Tewksbury.

Franklin and Melrose, who was 13-0 entering the day's matches, also participated in the meet.

Tewksbury went 3-0 on the day while the Rams went 2-1, falling only to the Redmen by a 38-32 score in a battle that came down to the last match.

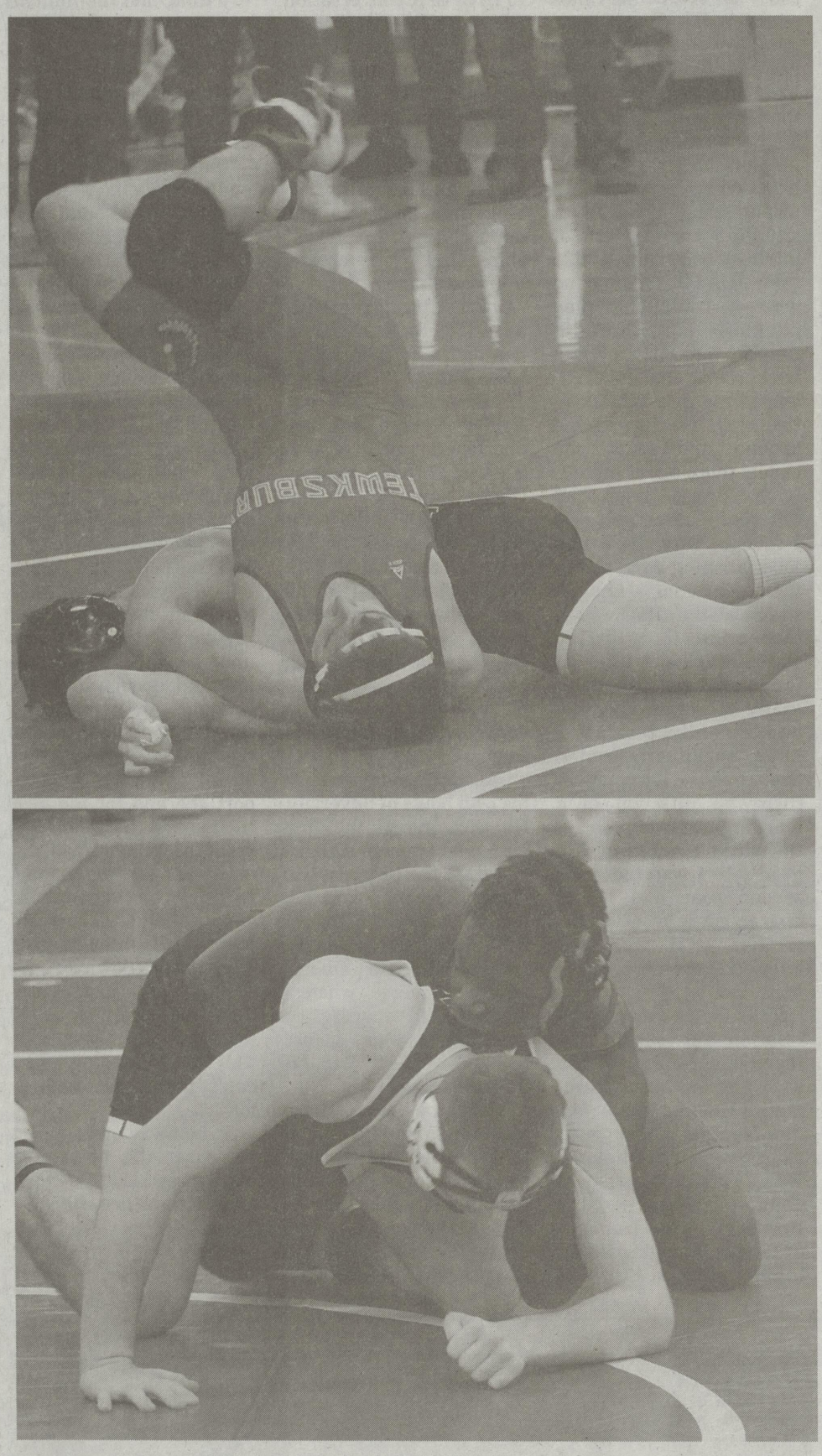
The contest between the Redmen and Rams was a tale of two halves.

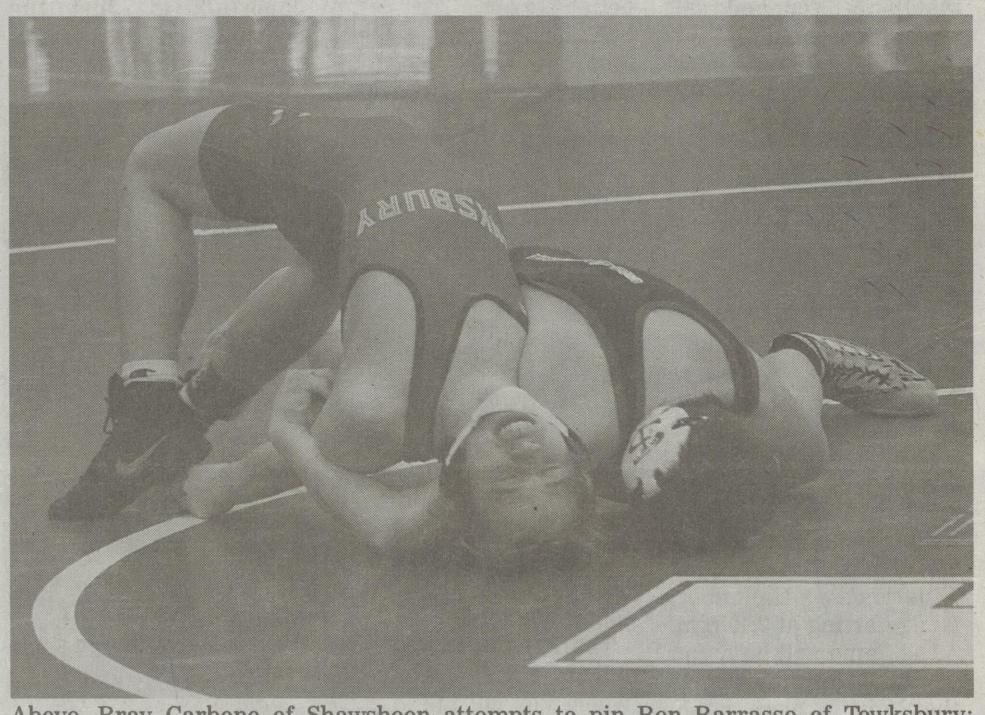
Shawsheen outscored Tewksbury 32-4 in the first seven matches and TMHS scored the final 34 points by sweeping the final seven.

"We fell down pretty heavily early but I always thought we had a chance based on our matchups up top," said Tewksbury coach Steve Kasprzak. "It's easier said than done, they got some solid kids up there and our kids just executed."

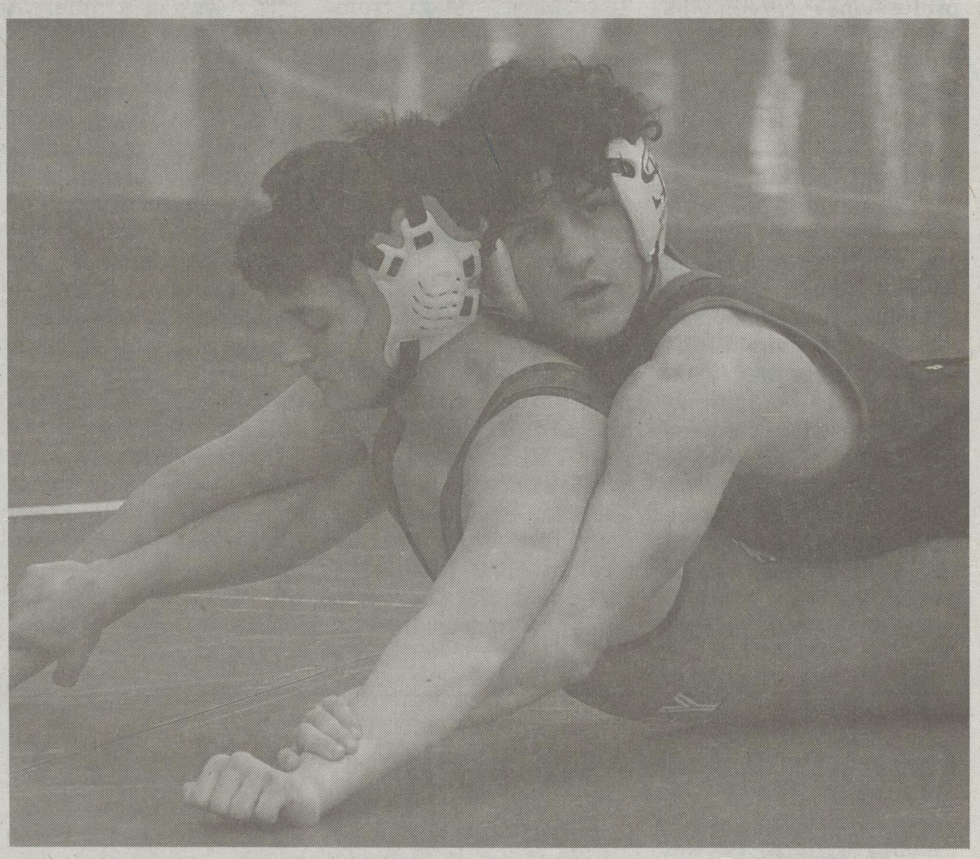
Tewksbury's comeback started at 160 pounds where Ryan Fleming pinned Shawsheen's Ben Goltz.

At 170, Sean Hirtle of the Redmen pinned A.J. Canadas in the second period and Luke Shaw of TMHS took a decision from Ram Jake Metcalfe, 9-4, at 182 pounds, cutting the Shawsheen lead to 32-19.





Above, Bray Carbone of Shawsheen attempts to pin Ben Barrasso of Tewksbury; below, Jack Donovan of Tewksbury (front) and Caleb Caceres of Shawsheen had a terrific match at 138 pounds with Caceres winning a 6-2 decision; bottom left, Paxton Green of Tewksbury against Mike Sullivan of Shawsheen at 195 pounds; and top left, Sid Tildsley of Shawsheen (back) pins Hunter Johnson of Tewksbury in their match at 152 pounds. (all photos by Doug Hastings).



"Luke Shaw who was back from a shoulder injury had his first match of the year," Kasprzak said. "He went out and won in a spot where I don't think Shawsheen was thinking they were going to give points up. That was a big win for him."

The match at 195 pounds was won by Tewksbury's Paxton Green, who pinned Mike Sullivan of Shawsheen in just 11 seconds, and a second-period pin by Manny Mongata of the Redmen over Ram John Bishop at 220 pounds brought TMHS to within one, 32-31, with two matches remaining.

"We knew we had the matchups left and there were points out there to take," Kasprzak said. "We knew we thought we had the advantage in the upper weights, but guys had to go out there and step up, we needed bonus points too. Fleming went out, not only did he win, he gets a pin. Hirtle goes out and gets a pin. Manny goes out and gets a pin. You get those extra points and they add up fast."

"I told the kids, Tewksbury out-toughed us tonight," Pratt said. "They stuck us more than we stuck them. You have to stay off of your back. It's a great lesson."

At heavyweight, an intense match between James Carroll of Tewksbury and Shawsheen's Austin Malandain ended in a 6-4 win for Carroll, putting the Redmen in front for the first time, 34-32.

"(Shawsheen) made a move to bump their 220 up to heavyweight to try to steal the heavyweight match and James Carroll didn't let it happen," Kasprzak said. "It was a good moment for him. The place was rocking and at that point, that was the match that put us ahead."

That left things up to the match at 106 pounds where Nick Desisto of TMHS outscored Ram Dante Graziano, 10-2.

"Nick Desisto just put the exclamation point on it. He (faced) one of their better wrestlers at 106 and I think he dominated the match from beginning to end."

Shawsheen built its early lead with a fast start that included Dante Guisti pinning Angelo Desisto to start the match at 113 pounds.

At 120, Bray Carbone won by second-period fall over Ben Barrasso.

Logan Holmes didn't win for Shawsheen at 126, but fired up his teammates when he avoided being pinned by Tewksbury's Jack Callahan, earning the Redmen four points for a major decision instead of six points for a fall.

"I thought that was the match of the night to be honest with you," Pratt said. "A freshman going out there against a kid who pretty much pinned his way through the Lowell Holiday Tournament. We chalked that up (as a loss by fall), and he only gave away a major decision. That was a heck of a job by Logan."

The Rams responded with four consecutive wins.

At 132, James Tildsley continued his undefeated season with an 18-1 victory over Sean Callahan that ended by technical fall as time expired at the end of the first period.

Caleb Caceres won a close match against Tewksbury's Jack Donovan at 138, using a reverse with only 20 seconds left to lock up a 6-2 decision.

At 145, Nate Malandain of Shawsheen pinned Sam Ros in the second period before Sid Tildsley pinned Hunter Johnson at 152 to put the Rams up by 28 points. The win by Tildsley was No. 99 for his career and he earned No. 100 moments later against Melrose. The sophomore is 100-3 overall in his career on the mats.

"Shawsheen versus Tewksbury wrestling has been a pretty heavy rival even back when I wrestled and coach Donovan was coaching me and coach Mark Donovan was still over there," Kasprzak said. "It carries a little more weight. It means a little more here and it means a little more there so there's always a little more hype."

Also on Saturday, the Rams topped Franklin 67-11 and defeated Melrose by a 50-27 score.

"You always want to beat Tewksbury," Pratt said. "But we still came out 2-1."

In the Franklin win, Shawsheen won 11 of the 13 contested matches and took one default. Of the 11 Ram victories, nine were by fall.

Graziano (106), Carbone (120), Caceres (145), Sid Tildsley (152), Ben Goltz (160), Metcalfe (170), Ryan Murphy (195), Austin Malandain (220) and Bishop (heavyweight) all pinned their opponents for the Rams.

James Tildsley won a tough decision at 138 and Dominic Dichenzo won a major decision at 132 pounds.

Carbone, Caceres, Sid Tildsley and James Tildsley all went 3-0 for the Rams, who improved to 17-3 as team.

Pratt was excited about Sid Tildsley's milestone victory.

"Getting his one hundredth win halfway through his sophomore year is incredible," Pratt said. "He has worked extremely hard over the past years to get to this point in his high school career. He travels all around the country in the offseason to compete with the best and it's paying off."

Before the trip to Tewksbury, the Rams cruised to a 60-6 victory over Bishop Fenwick/-Northeast Regional.

Sid Tildsley suffered his first high school defeat in the match, but the Rams won easily as a team.

Saturday, Shawsheen will be in Bellingham for the state's vocational tournament.

Shawsheen Tech Sports Round-Up

Boys Hockey team romps Rockport in rematch

By DOUG HASTINGS
Sports Correspondent
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When Rockport defeated the Shawsheen Tech boys hockey team at Billerica's home rink on Dec. 22, Ram coach Chuck Baker wasn't happy.

After all, Shawsheen outshot its visitor by a 51-15 margin and still lost the game.

On Saturday, the Rams went to Rockport's home rink in Gloucester looking to even the score and did just that with a dominating 8-1 triumph.

Baker, this time, was quite pleased.

"That was pretty good for us, because we usually go down there and lay an egg," laughed Baker of the annual trek to Gloucester. "We definitely didn't do that. We played well up and down, everyone played well."

Junior Chase Darcey of Billerica led the Rams with two goals and two assists while sophomore Dylan Higson of Bedford had a pair of goals and an assist.

Junior Kyle Gray had a goal and two assists while other scorers included junior Dominic DiMambro of Billerica, sophomore Zack Timmons of Wilmington and freshman Justin Thibert of Wilmington.

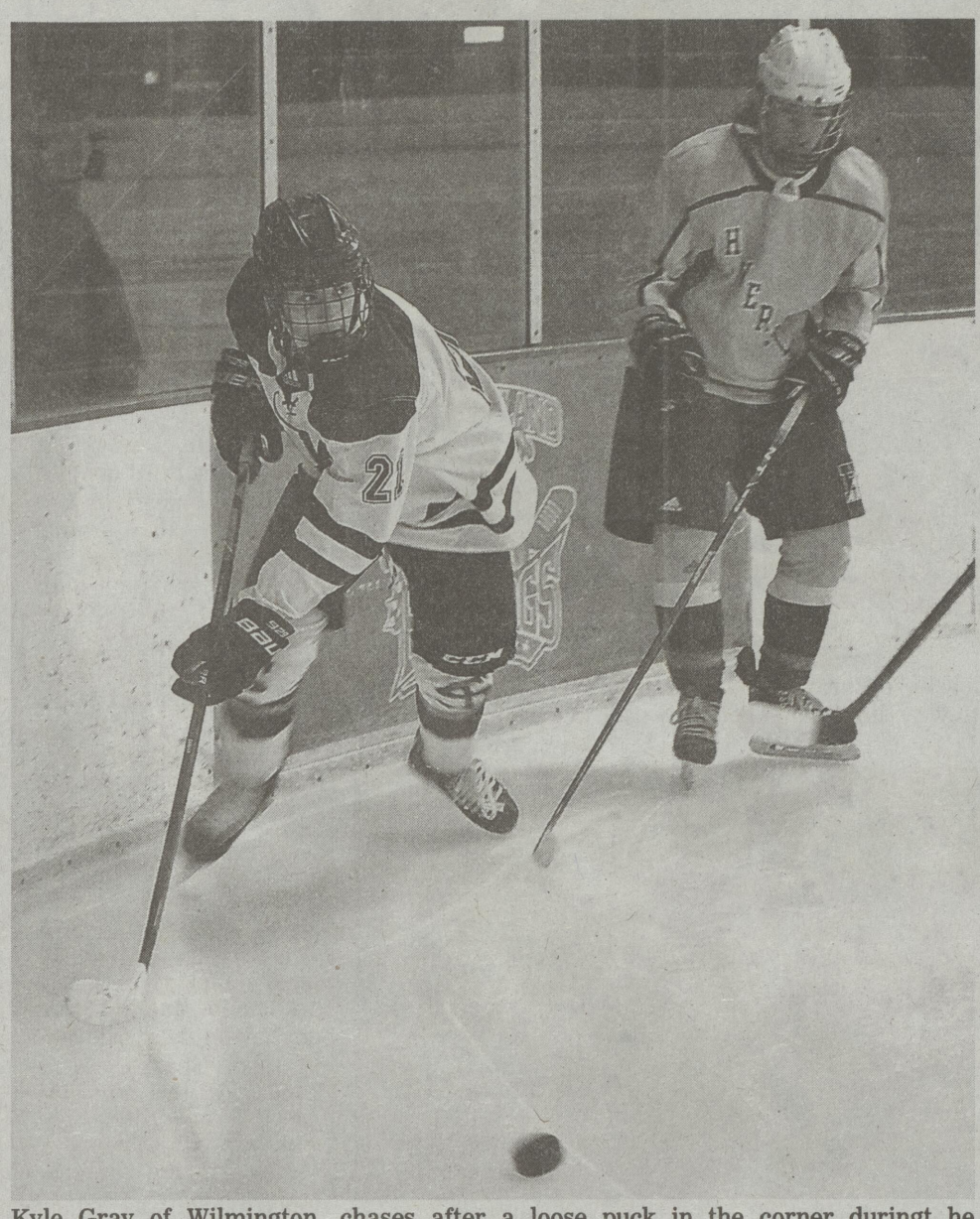
Junior Brody Amenkowicz of Billerica had two assists for the Rams while others collecting helpers were senior Collin Strong of Tewksbury, junior Keenan Considine of Wilmington, senior Nick Calouro of Tewksbury, junior Liam Milne of Wilmington, junior Colin Lawson of Wilmington and sophomore Larry Cullity of Billerica.

"It was definitely a good win," Baker said, "but it just kind of makes you think back to that 3-2 loss."

Shawsheen has some big games on the horizon starting Thursday with a home game against Lowell Catholic at Billerica's Hallenborg Rink starting at 7:10 p.m.

The game will be a cancer fund-raiser hosted by the Rams as there will be special raffles and a "Chuck a Duck" contest between periods where fans can win prizes.

Saturday, Shawsheen will go to Everett to play Northeast Regional before facing Lowell Catholic again the following Thursday, again in Billerica. The trio of games could go a long way in setting up a potential showdown for the Commonwealth Athletic Conference championship between Shawsheen and Essex a week from Saturday at the Essex Sports Center in Middleton starting at 12:10 p.m.



Kyle Gray of Wilmington, chases after a loose puck in the corner duringt he Shawsheen Tech Boys Hockey team's home contest against Haverhill held recently. (photo by Doug Hastings).

BOYS BASKETBALL

On Tuesday in Andover, the Shawsheen Tech boys basketball team ran out to a 16-0 lead and cruised to a 60-31 win over Greater Lawrence, improving the Rams to 6-5 overall.

"We put four quarters together," said a satisfied Shawsheen coach Joe Gore. "We hadn't put 32 minutes together, that was our goal, and tonight we did that."

Shawsheen led 22-6 at the end of the first quarter, 34-17 at halftime and outscored the Reggies by a 19-7 margin in quarter No. 3 to break the game open.

"We needed this, this was a big confidence booster for some of our younger guys," added Gore. "We're very happy with the effort and the energy level and hopefully we can build off of this."

Sophomores Franck Moron of Billerica and Matt Breen of Wilmington led the way for the Rams in the opening eight minutes, combining for all 16 of the points in the early run with eight points apiece.

Moron led the Rams with 26 points and Breen added 15. Senior Aiden MacLeod of Wilmington chipped in with eight points and junior Zachary Rogers of Wilmington scored six.

Junior Ryan Copson of Wilmington didn't score, but was steady at point guard throughout the evening.

"It's great. He has come to far.," Gore said of Copson. "He still has a long way to go. We're just trying to get his confidence up because he has so much potential at the point guard position and has gotten so much better. He is such a competitor."

Moron had 16 points in the first half including four 3-pointers.

The Reggies made their only brief run of the night when they cut the lead to 24-12 early in the second quarter before Moron swished back-to-back 3-pointers, one from about 25 feet away.

"He's coming into his own," Gore said. "He's so talented. He can score in so many different ways. He's a special player and he's going to score a lot of points in a Rams uniform. We're very happy even more with how much of a leader he is becoming. He's really taken that leadership role."

Breen was just as effective with 10 points in the first quarter and three 3-pointers on the night.

"Today is really the first game he has started to attack the hoop," Gore said of Breen, who had six points on inside shots. "He's a great shooter, but teams are really starting to pressure him and for him to get that confidence for going strong to the rim. He's a gym rat. We're very excited for him. He's come so far this year."

The second half started for Shawsheen with 3-pointers by Moron and Breen before junior Ryan Sweeney of Wilmington drew a charge. The Rams finished the third quarter with an 11-2 run.

Down the stretch, Gore was able to get his entire bench into the action including freshmen Dyllon Pratt and Jevon Moron of Billerica, junior Max Boston of Billerica, sophomore Lukas Poirier of Wilmington, junior Anthony Marra of Wilmington and senior Gianni Zompa of Billerica. Pratt and Zompa both had nice fourth-quarter baskets.

The victory was a nice bounce back from a 63-50 loss to Tewksbury on Wednesday.

Shawsheen trailed 31-13 at halftime before outscoring the Redmen 37-32 over the final 16 minutes.

Moron led the Rams with 22 points and Breen had 14. Copson added seven points.

Last Wednesday, the Rams were defeated by Tewksbury, 63-50. Moron led the way with 22 points and Copson finished with 7 points, 8 boards and 3 steals.

The Rams (6-5) have two big league games upcoming with a visit to Whittier Tech in Haverhill on Friday and a Tuesday rematch with Greater Lawrence at Shawsheen next Tuesday.

GIRLS HOCKEY

After an exciting 7-5 win over Melrose last Wednesday that gave the Shawsheen Tech/Bedford girls hockey team a six-game winning streak, the Rams run of success ended on Saturday at the Janas Rink in Lowell as visiting Gloucester edged the Rams, 4-2.

Goals by Sydney Bouchie and Brooke Muniff gave Gloucester a 2-0 lead after the first period.

In the second, Shawsheen/Bedford's Rebecca Sobol made it 2-1 with a goal assisted by Alyssa Costantiello of Wilmington and Healy Weissman of Bedford, but Gloucester's Elliana Parsons scored just 1:23 into the third period to give her team a two-goal advantage.

Three minutes later, Ella Costa scored Gloucester's fourth goal.

With 6:45 remaining, Anna McEachern of Bedford scored for the Rams, assisted by Weissman, to make it 4-2, but Shawsheen/Bedford would not get any closer.

Shawsheen/Bedford had an unfortunate injury during the contest as defenseman Corrine Foley of Tewksbury suffered an ankle injury. The severity of the injury was unknown after the game.

Against Melrose, the game was tied 3-3 at the end of the first period, 4-4 at the end of the second and 5-5 midway through the third before the Rams finally pushed ahead for good.

Sophia Demeo of Bedford finished a pass from Macy Savage of Wilmington to put the Rams in front 6-5 with just 1:40 remaining.

With 13 seconds left, Shawsheen/Bedford scored into an empty net as Demeo potted her fifth goal of the night.

Melrose opened the scoring in the opening minute of action when Grace Daniels scored with an assist to Ella Daniels.

Paige Fuller of Wilmington tied it for Shawsheen with a goal assisted by Rebecca Sobol of Bedford. With seven minutes left in the period, the Red Raiders went up 2-1 when Julia McNeely scored with an assist to Addison Savidge, but back-to-back tallies by Demeo within 12 seconds of each other gave the Rams their first lead.

At 12:03, Demeo converted a pass from Fuller to tie the score and Demeo scored again at 12:15 with Sobol assisting.

Melrose tied it just before the end of the period on a goal by Ella Daniels.

Ella Daniels scored again early in period No. 2 to give the Raiders a 4-3 advantage, but the Rams tied it at 13:20 of the period when Fuller scored her second of the night, a power play strike assisted by Sobol and Demeo.

Demeo's unassisted goal at 6:06 of the third period put Shawsheen/Bedford in front, 5-4, before Melrose tied it again at 10:16 on Grace Daniels' second goal of the night.

That set the stage for Demeo's late-game heroics.

Shawsheen (6-6) has a difficult stretch upcoming which includes a Wednesday night home game against Beverly, a Saturday road game against Winthrop and a home game the following Saturday, Feb. 4, against Peabody.

The trio of games will be a nice test for the much-improved Rams, who lost to all three teams early in the season.

SWIMMING

The Shawsheen Tech swimming and diving team improved to 7-1 with a victory over Blue Hills Regional last Wednesday.

"It was a great meet for our team," said Ram coach Rick Menard. "It was a true measure of where we are this season as a program. This is the team that broke our girls Voke States streak virtually last season so there was some revenge in the back of the minds for all the kids."

It was the first vocational loss of the season for Blue Hills.

"The kids stepped up big time," added Menard. "Overall a great meet. I'm happy we put this one away early."

Eliot Hong had a big meet for Shawsheen with individual wins in the 200-yard individual medley and the 100-yard butterfly while also helping the 200-yard medley relay win along with teammates Dan Penney, Nathan Barnes and Anthony Bastianelli.

Matt Kilfoyle won two races as well, capturing the 100-yard backstroke and the 200-yard freestyle and Penney won the 100-yard breaststroke.

Penney was also second in the 100-yard freestyle.

Barnes' busy day included a win in the 100 free, a victory in the 200-yard freestyle relay along with Evan Pinto, Bastianelli and Harrison Kinsella and a second-place performance in the 50-yard freestyle.

Makayla Nolan won the diving competition for the Rams and teammate Madison Chew took second.

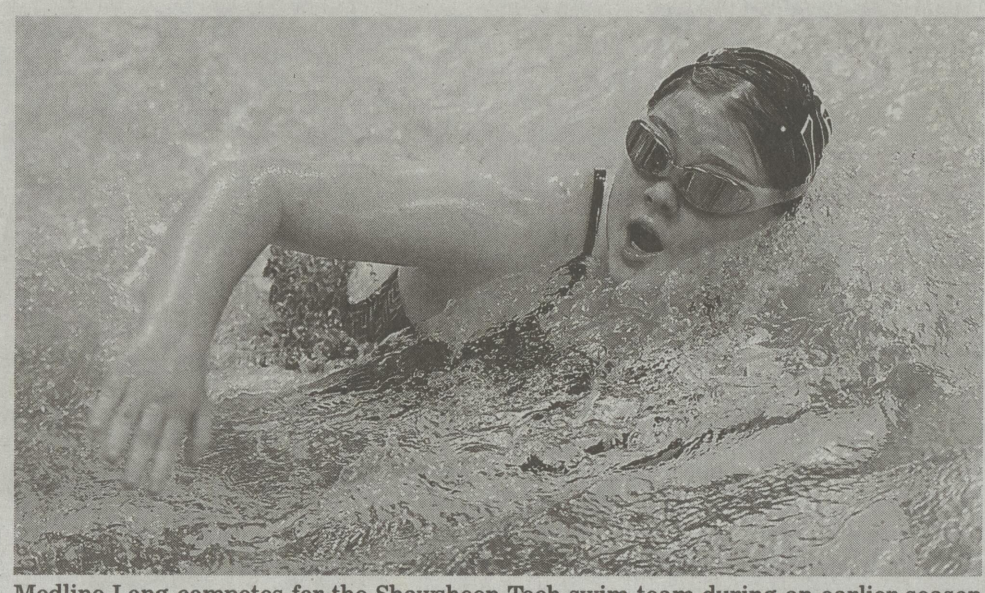
Chew and Sophia Ditonno also went 4-5 in the 500-yard freestyle.

Pinto was second in the 100-fly, fourth in the 50-free and swam on the third-place medley relay team along with Zachary MacLaughlin, Joseph Conte and Logan Dupont.

Shawsheen also was third in the 200-free relay with a foursome of Hong, Penney, MacLaughlin and Kilfoyle.

Other scoring for Shawsheen came from Bastianelli, who was second in the 200-IM and third in the 100-free, Kinsella, who was second in the 200-free and third in the 100-backstroke, and Dupont, who took fourth in the 100-breaststroke and fifth in the 200-free.

The Rams added fifth-place points from MacLaughlin in the 50-free and Adam Doucot in the 100-butterfly.



Medline Long competes for the Shawsheen Tech swim team during an earlier season home meet. (photo by Bob DeChiara).

Where's the Action?

Day	Date	Sport	Opponent	Time
		Tewksbury High Sports		
Friday	Jan 27	V Boys Hoop	vs Central Catholic	6:30 pm
Friday	Jan 27	V Girls Hoop	at Central Catholic	6:30 pm
Friday	Jan 27	V Boys Hockey	vs North Andover	7:10 pm
Saturday	Jan 28	B/G Track	State Coaches, RLC	9:00 am
Saturday	Jan 28	V Wrestling	at Methuen Invit	10:00 am
Saturday	Jan 28	V Girls Hockey	vs Bill/Chelmsford	12:00 pm
Sunday	Jan 29	V Boys Hoop	vs Dracut	1:00 pm
Sunday	Jan 29	V Boys Hockey	at Burns Tournament	TBA
Tuesday	Jan 31	V Boys Hoop	at Andover	6:30 pm
Tuesday	Jan 31	V Girls Hoop	vs Andover	6:30 pm
Tuesday	Jan 31	V Girls Hockey	at Andover	7:10 pm
Wednesday	Feb 1	V Boys Hockey	at Lin-Sudbury	4:00 pm
Wednesday	Feb 1	V Wrestling	vs Billerica	6:30 pm
		Wilmington High Sports		
Thursday	Jan 26	B/G Track	vs Burlington at NB	4:30 pm
Thursday	Jan 26	V Girls Hoop	at Groton-Dunstable	7:00 pm
Friday	Jan 27	V Boys/Girls Hoop	at Burlington	5:30/7pm
Saturday	Jan 28	B/G Track	State Coaches, RLC	9:00 am
Saturday	Jan 28	V Wrestling	Home Quad Meet	10:00 am
Saturday	Jan 28	V Boys Hockey	vs Matignon	12:30 pm
Saturday	Jan 28	V Girls Hockey	vs Arlington	6:00 pm
Sunday	Jan 29	V Swimming	vs ME at Beverly Y	4:50 pm
Sunday	Jan 29	V Boys Hockey	vs Woburn at Bentley	7:00 pm
Tuesday	Jan 31	V Boys/Girls Hoop	vs Wakefield	4:30/6pm
Tuesday	Jan 31	V Gymnastics	at Burlington	6:30 pm
Wednesday	Feb 1	V Boys Hockey	at Belmont	7:00 pm
Wednesday	Feb 1	V Girls Hockey	at Lexington	7:15 pm
		Shawsheen Tech Sports		
Thursday	Jan 26	V Boys Hockey	vs Lowell Catholic	7:10 pm
Friday	Jan 27	V Swimming	vs Northeast	4:00 pm
Friday	Jan 27	V Girls Hoop	vs Whittier Tech	5:30 pm
Friday	Jan 27	V Boys Hoop	at Whittier Tech	7:00 pm
Saturday	Jan 28	V Boys Hockey	at Northeast	7:00 pm
Saturday	Jan 28	V Girls Hockey	at Winthrop	TBA
Saturday	Jan 28	V Wrestling	at State Voc Meet	TBA
Tuesday	Jan 31	V Girls Hoop	at Essex Tech	5:30 pm
Tuesday	Jan 31	V Boys Hoop	vs Gr. Lawrence	7:00 pm
Wednesday	Feb 1	V Wrestling	at Ashland	7:00 pm

Youth Wrestlers put the hammer down in latest tournament

The Tewksbury Redmen Youth Wrestling program had a busy weekend of wrestling, with league dual meets against Chelmsford and Melrose on Saturday and traveling to Whittier Tech in Haverhill for the Haverhill Hammer Dual Tournament on Sunday.

On Saturday, Tewksbury faced Chelmsford as its first opponent. Tewksbury got started off with two major decision wins by Giacinto Graziano, Sam Trowbridge and Cam Parent. Chis Collins had an all out battle and win his match 1-0 with the only point in the match coming from a Collins escape. Tewksbury would then get pins by, Tyler Richardson, Richie Kelley, Alex Bouchie, Gennaro Parziale, Hadi Sibay, Bryce Grant, and Michael Parziale, which was more than enough to come away with a 75-10 victory.

Next up for the Redmen was Melrose. Bryson Ingalls and Sam Trowbridge would lead this one off with pins and David Shunamon would get a 13-0 major decision victory. After a streak of losses Tewksbury would find themselves down in this one 28-16. That's when Carlo Desisto would get a huge 5-2 win and provide the Redmen with the spark they needed.

Tewksbury wouldn't look back from here and would get pins from Luc Bouchie, Ryan Callahan, Christ Collins, and a 15-0 tech fall win by Jack Leone. Tewksbury would win this one 54-34.





Above, Colton Kephart and below Jake Hardy, both break down their opponenst from Massabesic, ME during a youth wrestling match held this past weekend.

(courtesy photos).

On Sunday, Tewksbury participated in the Haverhill Hammer Dual Tournament, where they faced teams from Haverhill, North Andover, RedRoots Club, Massabesic, ME, and Salem, NH.

Tewksbury didn't start the way they wanted, with back to back losses to Massabesic, ME and Haverhill (the eventual champion on the tournament). Next up was Salem, NH and Tewksbury would battle but lose a close one and looked to wake up from the morning matches.

They went on to win their next two against North Andover and RedRoots Club. Providing some huge wins and team points for Tewksbury were, Giacinto Graziano going 5-0 on the day, David Shunamon 4-1, Cam Parent 3-0, Hadi Sibay 2-0, Ryan Callahan 4-1, Brody Humphrey 1-0, and Jack Leone 2-0.

Also getting some key victories on the day were, Bryson Ingalls, Jake Hardy, Luca Martinez, Alex Bouchie, Carlo Desisto, Henry Mercer, Gennaro Parziale, Luc Bouchie, JEB Brooks and Will Caricofi. Tewksbury would take fourth place in the tournament.

Tewksbury's younger wrestlers will be back on the mats this weekend at the Mill Works in Chelmsford for the 6U, 8U, and 10U Massachusetts States tournament.

Sparks edge out Storm in a classic Jr. League game

Junior League
Sparks 14, Storm 12

In Tewksbury Youth Girls Basketball League play, the Sparks and Storm played a fast paced back and forth affair on Saturday January 14th that was easily one of the best games of the year.

The Storm jumped out to an early 4-0 lead, only to have the Sparks score 14 of the next 16 points and take a 14-6 lead into halftime.

The Storm came out strong in the third quarter and cut the lead to two entering the final frame, but defense dominated the last quarter for both teams and the Sparks came out on top 14-12.

The Sparks were paced by Sydney Schofield with 6 points and Avery Romano with four points, respectively. Ollie Ginsburg and Lyla Troxell both chipped in with two points a piece. Tessa Senarian, Brynn Woodford and Nora Ginsburg played lock down defense, stifling the Storm attack. Tia Bhatia and Sophia MacKay were both key on the glass, giving the Sparks extra chances on the offensive end.

The Storm featured a well balanced scoring attack, which was led by Allison Fedoce with four points. Amiyah Diaz, Arraya Chom, Charlotte Taylor and Declyn Cote all scored a bucket each, with Cote notching her first points on the season.

Addy Wagstaff, Emma McSheehey and Aisling Sheehan all drew some very difficult matchups on defense but stepped up and were ferocious. Emma Thunberg provided the support for the Storm on the boards, competing hard throughout.

Intermediate League
Eagles 22, Terriers 20

The Eagles picked up their first win in a very close game against the Terriers. Our Eagles came out flying, scoring 11 points in the first quarter. Jill Wagstaff and Mariabella Cracchiolo lead all scorers with 11 points each. Brynn Goldman and Charlotte Mello each drew fouls to earn trips to the free throw line. Emma Smith, Leah McNelley, and Riley Armstong played great defense to help limit the Terriers' scoring.

Jayelee Richard and Cara Armstrong owned the boards coming up with key rebounds down the stretch to hold off the Terriers' comeback.

Wave 15, Wolverines 14

The Wave pulled ahead at the end to win an exciting back and forth game with a great team effort. Brielle Vongsa did not lose confidence in her shot after some tough misses and lead all scorers with nine points including the game winner. Kathryn Pejic set the pace with her aggressive play in the first quarter and contributed four points.

Bree Sdankus and Leuncie Sylvestre continued their outstanding inside play grabbing multiple rebounds. Gianna and Nichole Gangemi came up with some key steals and provided an outside threat with their long-range shooting.

Avarie McMasters added two points and provided a large post up target inside. Maryam Kechaou and Samantha Wallace spearheaded a stifling defense and grabbed some key loose balls. Olivia Lafreniere and Caly Loring were smart in ball possession and helped setup multiple shot attempts.

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